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Dear RPG Therapist,

Thank you so much for downloading this Adventure Pack, I really hope you find it useful.

If you're new to this whole RPG therapy shtick, and really want to offer it to your clients but are a bit nervous of the idea of putting together a whole Story Trinity of your own, despair not: here, all the creative work has already been done, meaning that all you need to do is read it through, print off the sheets you're going to use, and get right on with running the session.

In this Adventure Pack you'll find:

- A setting, including maps, NPCs, and plot-hooks;
- A full obstacle-chain, containing each of the major obstacle types; and
- Three pre-generated characters, with all their relationships, abilities, and items.

Everything here is compatible with the mechanics and processes as described in my book, [*Role-Playing Games in Psychotherapy: A Practitioner's Guide*](#); here and there you'll see the odd page reference that will hopefully make your in-session life even easier. As you'll see, many of the 'illustrations' were done by hand by yours truly—I just went out and bought myself some paint-pens and a fineliner—and if I can do it, anyone can! So if you'd like to explore other areas in the setting, or come up with some of your own obstacles, by all means break out a pencil and see where it takes you. Maybe you or your client fancy imagining what the River Spirits might look like, or you'd like to devise a floorplan for the abandoned mine. Whatever it is, don't be afraid to put your unique spin on this world: it's big enough for all of us!

Just remember that this approach to psychotherapy, utilising the fictional frame and storifying the therapeutic process, is designed specifically to be two things: engaging, and fun. If at any point during the session it begins to feel like either your- or your client's interests are starting to wane, take a step back and ask yourself, "What would be the most enjoyable thing to happen right now?" Figure that out, and the game will all but play itself.

If you're looking for more information, you can visit my website, www.monomythcounselling.co.uk, where you can also download resources like blank character sheets; or you can subscribe to my YouTube channel, [@RPGTherapist](#), where I talk all about this exciting form of intervention, and hopefully offer up some useful tips.

So grab your dice and get ready for some action: we're going on an adventure!

Yours sincerely,

Daniel Hand