


Storytelling
as a Healing Art

JUNE 13-19 GLASGOW
THE KELVIN CONFERENCE CENTRE

***“If you don’t know the trees you may be lost in the forest,
but if you don’t know the stories you may be lost in life” –
Siberian Elder***

Welcome to Stories for Health – Words for Wellbeing!

Enthused from attending the International Symposium for Storytelling as Healing Art 2009 in Denmark – www.nordiskalba.org – I thought the people of Scotland would also love to be inspired by a similarly wonderful event.

It’s been very exciting putting this programme of amazing workshops together for you, and I can’t wait to meet everyone in June.

We will be welcoming people from all over Scotland and the world to our Dear Green Place, here in Glasgow. This will be a week of much sharing and discovering, encouraged by our exceptional guests.

Don’t forget to book early for a discount! A Huge THANK YOU to everyone who has helped put this together. Looking forward to the hellos!

Until then...

Wendy

“Friendship is born at that moment when one person says to another: ‘What! You, too? Thought I was the only one’.”

- C.S.Lewis

Arrive on Sunday 13 June from 12pm – depart 1pm Saturday 19 June

OPENING CONCERT Sunday 13 June, 7.30pm
Mairi Campbell and her renowned Sangstream folk choir join with charismatic Scottish Storyteller, David Campbell in an exhilarating marriage of story and song for our first evening of entertainment

We are excited to announce Scotland's first ever Symposium for Storytelling as a Healing Art at the Kelvin Conference Centre, Glasgow.

This is a week-long residential course for storytellers, teachers, health and care professionals, communities and friends. We will share ideas and practice on Storytelling as a Healing Art as well as enjoy networking with people who work in a variety of fields. The course is open to anyone with an interest in working in this unique way or who would like to know and experience more to enhance their way of working and practice.

Delegates can choose from one of 6 week-long professional storytelling practitioners' workshops, led by national and international facilitators who are pioneers in this field. The rest of the programme will be an exciting mix of workshops, sharing sessions, lectures/talks and ceilidhs inspired by Scotland's cultural traditions, including singing, dancing and storytelling.

PRICING OPTIONS

The graphic displays two columns of pricing options, A and B, and an Early Bird Discount box. Column A is for 'FULL CATERING' with a full price of £600 and an early bird discount of £540. Column B is for 'NO CATERING' with a full price of £430 and an early bird discount of £387. The Early Bird Discount box states a 10% discount off the total course fee when paid in full by March 8th, accompanied by a green bird illustration.

FULL CATERING

£600
or pay by 8 March 2010
and pay **£540** with our Early
Bird discount

NO CATERING

£430
or pay by 8 March 2010
and pay **£387** with our Early
Bird discount

Prices are inclusive of week's workshops

Refreshments are served during breaks for both full catering and non-catering participants

We also give you the option to pay a deposit of £100 and pay the balance by 30 April 2010. NB. this only applies to the full price option (not the early bird discount). Deposits are non-refundable.

PROGRAMME of EVENTS

In the morning we will gather together with music and laughter before an inspirational talk from a keynote speaker who will share insights into their practice. A mid-morning break is then followed by the first activities of the day: Story Clinics, Open Space and Skill Development Sharing. After lunch participants will attend their main workshop of the day.

AFTERNOON WORKSHOPS

Join our Charismatic, Creative, National and International Workshop Leaders: **Claire McNicol, Colwyn Trevarthen, Eric Maddern, Liz Weir, Nancy Mellon, Ruth Kirkpatrick, Sef Townsend and Tony Haddad.**

1	Claire McNicol and Colwyn Trevarthen: The Best Start is with Story, Rhyme and Song
2	Eric Maddern: Youth in Transition
3	Liz Weir: Building Bridges – Storytelling Across the Divide
4	Nancy Mellon: The Eloquence of The Body
5	Ruth Kirkpatrick: ‘Magic and Meaning’ – Using Storytelling to work with Adults
6	Sef Townsend & Tony Haddad: Refugees, Asylum Seekers & Exile

The Best Start is with Story, Rhyme and Song with Claire McNicol and Colwyn Trevarthen

- An opportunity to explore contemporary thinking on Child Development pioneered by writers such as Colwyn Trevarthen and Sue Gerhardt: *Why Love Matters*
- How age-old practices such as the sharing of rhyme, story and song with children offer simple and straightforward vehicles through which parents and professionals may nourish the developing child
- Methods by which to offer what Colwyn Trevarthen terms as 'companionship' to children. Facilitating what Sue Fox calls the 'bard like confidence' of young children and reawakening this in our adult selves!
- A repertoire of traditional stories, rhymes and songs which cast light on the riddle of 'good enough' parenting



CLAIRE McNICOL

Claire McNicol has worked as a professional storyteller for 15 years, primarily in the fields of social work and education. Claire is an experienced workshop facilitator who has worked nationally and internationally. She has witnessed the powerful impact that story, song and rhyme can have upon the relationship of parents and children in the early years. As a parent to a three-year-old daughter Claire is kept aware on a daily basis of the speed of development in these magical and challenging early years! As a professional Claire has found storytelling, song and poetry to be invaluable methods of engaging and supporting parents in a manner which is non-stigmatising.

www.scottishstorytellingcentre.co.uk/directory/Tellerview.asp?key=16



COLWYN TREVARTHEN

Colwyn Trevarthen is Professor (Emeritus) of Child Psychology and Psychobiology at Edinburgh University, where he has taught since 1971. He has published on brain development, infant communication, language development, child learning and emotional health, and special education. His current research concerns how the emotions of rhythmic 'musicality' and 'imaginative narratives of movement' in playful communication with children support wellbeing, self-confidence, creativity, intelligent development and cultural learning. He is a Fellow of the Royal Society of Edinburgh, a Member of the Norwegian Academy of Sciences and Letters, and Vice-President of the British Association for Early Childhood Education.

www.perception-in-action.ed.ac.uk/People/colwyn.htm

'Youth in Transition' with Eric Maddern

In his workshop Eric will explore the part stories and storytelling can play in using a 'rites of passage' perspective to help young people make the transition to mature adulthood. This will include practising how to 'big up' personal stories so that meaning, value and pleasure are enhanced. He'll delve into archetypal tales that tell of the hero or heroine's journey, look at how such stories can ignite young people's passion, curiosity, daring and determination – and provide insight and example. The participant will also experience how sheer creativity can turn us from being lost to being found. In addition to story there'll be movement and music, song and dance.



ERIC MADDERN

Eric Maddern is an ex-psychologist who spent several years working in the Aboriginal communities of Central Australia, inspiring him to become a storyteller and to develop contemporary rites of passage. Over the last twenty years he's co-created Cae Mabon, an eco-retreat centre in North Wales recently declared the number one natural building project in the UK. During that time he's become a storyteller and the author of a dozen children's books. He's also a singer-songwriter (his latest album is 'Rare and Precious Earth') and recently he's been performing a show, 'What the Bees Know: Songs and Stories to Sustain and Restore the World'. See www.ericmaddern.co.uk and www.caemabon.co.uk for more details.

'Building Bridges – Storytelling across the Divide' with Liz Weir

Storytelling can play a vital role in promoting understanding between people of different faiths, nationalities and abilities. This workshop will examine the practical ways in which communities can engage in the sharing of stories which are held by the individuals within them. Based on many storytelling projects which have taken place in Northern Ireland, both during the conflict and in the post-conflict years, the lessons learned can be replicated in many other communities worldwide.



LIZ WEIR

Liz Weir is a professional storyteller and writer from Northern Ireland who travels the world telling stories to adults and children. She organizes workshops and appears at major international festivals. Liz was the first winner of the International Storybridge Award from the National Storytelling Network which cited her "exemplary work promoting the art of storytelling within Ireland and between other countries". Liz has taken part in many cross-community initiatives with people of all ages and she has recently written scripts for five television animations aimed at young children in Northern Ireland. The project's goal is to teach young children the value of respecting, and including, others who are different. Liz firmly believes in the power of storytelling to promote understanding and aid conflict resolution. www.lizweir.net

'The Eloquence of the Body' with Nancy Mellon

Learn how storytelling can be an art and science that awakens specific energetic healing dynamics. With a look at recent scientific evidence, learn a practical approach to self-transformation through the wise old art of storytelling. Discover how to speak to and from heart, liver, lungs and all your bodily parts. Nancy offers a wealth of new insight to medical practitioners, storytellers, healers and community builders, by exploring the human body as a vital foundation for transforming the human story.



NANCY MELLON

An adult educator and former Waldorf teacher, Nancy Mellon is a psychotherapist with a specialty in healing through the arts. Author of *Storytelling and the Art of Imagination* and *Storytelling with Children*, she presents workshops and courses internationally to awaken storytelling skills to meet a broad range of challenging situations. *The Eloquence of the Body*, Nancy Mellon's most recent book, written with storyteller Ashley Ramsden, won the US News 2008 Best Book Award in the field of Alternative Medicine. www.healingstory.com
Read [an interview with Nancy Mellon](#)

'Magic and Meaning – Using Storytelling to Work with Adults' with Ruth Kirkpatrick

This workshop will explore the use of stories in working towards wellbeing with adults. This will include the use of myth, ceremony, metaphor and archetype. *Myth gives it a form, metaphor can help us identify it, archetype is the ever present structure of our soul and ceremony makes it real.* Drawing from practical examples, participants will have the opportunity to try out and reflect upon techniques which Ruth has developed. They will work with story and other complementary activities including 'storymaking'. Participants will also have the opportunity to discuss their own examples and hear case studies from Ruth's practice.



RUTH KIRKPATRICK

Born in the North East of Scotland, Ruth Kirkpatrick has worked in social work for the past 24 years and has training in Gestalt counselling. She now runs Stories Allways where she successfully delivers training and develops innovative ways to use storytelling with children and families who have particular emotional and social needs. As an experienced and inspiring trainer Ruth contributes to programmes at Strathclyde University, Emerson College and the Scottish Storytelling Centre. She has presented at conferences and has taught at international festivals in India, Iceland and recently Singapore. Working with a mixture of warmth, sensitivity and humour, Ruth creates a natural rapport.
www.storiesallways.co.uk

'Refugees, Asylum seekers and Exile' with Sef Townsend and Tony Haddad

These workshops will focus on practical ideas for working with those who experience exile and the realities of dislocation. Feelings of loss and isolation, frustration and grief are regularly uppermost for the refugee. Healing often comes in being listened to. But that is not easy when you don't even know the language, and anyway, telling one's story has its dangers.

The workshops will look at ways in which storytelling and story sharing can be used to enable the voice of the refugee to be heard. An active interaction with traditional stories is often a safer way of saying the unspeakable, but the [refugee] teller often has the wonderful feeling of being heard. The careful choice of story, the use of language, working with speakers of other languages, cultural sensitivity, family involvement, celebrating difference, as well as what our own personal exile might be, will all be considered.



SEF TOWNSEND

Sef Townsend has been using storytelling and story sharing in immigrant and refugee communities for twelve years. Working on cross-cultural arts projects both in the UK and across the world, he became aware of a true 'wealth of nations' in the language, stories and song of the people he has encountered. But as well as finding enormously rich cultural activity, a deepening awareness of the struggles and conflicts in Asia, the Caucasus and the Middle East now informs his work. Drawing on personal experience in these places he feels that we can celebrate our differences just as much as share our common humanity in telling each other our stories. www.seftownsend.co.uk



TONY HADDAD

Psychodynamic therapist, group facilitator and storyteller **Tony Haddad** lives in Jaffa, Israel. Through his use of stories he reflects the reality of the Palestinian people, trying, at the same time, to build an alternative reality aimed at creating a bridge between Palestinians and Israelis. Tony has been working for five years to build projects for children, young people and adult Jews in the Israeli public in order to educate them in Palestinian culture and the Arabic language through stories, workshops and puppetry. Alongside this, his group work focuses on promoting feminism and empowering gender and sexual minorities in Palestinian society.

PROGRAMME of EVENTS cont.

MORNING SESSIONS

Each morning from 11am to 12noon participants will have the opportunity to attend a Story Clinic, Open Space or Skill Development Sharing. The Story Clinics are listed below, and you are asked on the registration form to select your preferred choice.

STORY CLINICS: UNLOCKING STORY POWER

STORY, THE MAGIC MEDICINE

Tales from ancient Celtic epics of Ireland and Scotland, through stories of adventure and romance, of faith and love, to humorous anecdotes and quirky comic tales. Join foremost Scottish Storyteller **David Campbell** in a participative exploration of the power of stories to encourage, inspire and heal. David is a warm, flamboyant personality who draws the audience into the drama and heart of his story. www.storytellerscotland.co.uk

LAUREATE FOR STORYTELLING

In October 2009 **Taffy Thomas** accepted the honorary position of first Laureate for Storytelling. His repertoire consists of over 300 stories, tales and elaborate lies. Taffy will share the personal healing experiences of his storytelling journey. www.taffythomas.co.uk

BUT WHERE DO YOU START?

How do you tell a good story? **Bea Ferguson** is one of Scotland's leading trainers in storytelling and has been delivering workshops to beginners and more advanced practitioners for nearly 20 years. Learn some of the techniques of learning and delivering a story and have fun at the same time. Participative but very non-threatening. www.scottishstorytellingcentre.co.uk/directory/Tellerview.asp?key=10

WHAT THE BEES KNOW

In *What the Bees Know* **Eric Maddern** takes a provocative look at the malady that afflicts us and the remedy that might heal, threaded round the story of the bee. He light-heartedly gets to the heart of the matter by weaving together a vibrant web of dynamic songs, wisdom tales, prophecy and chat with bees. He leaves us inspired to 'take the greatest stride of soul we ever took' and rise to the challenge of our epoch-changing times.

ONE PLACE, ONE STORY

Rachel Smillie is Co-ordinator of One Place Storytelling Workshop, an initiative based in Scotland's most ethnically diverse community. She is a firm believer in the power of stories to bring people of different backgrounds, faiths and cultures together to see beyond the limitations of dogma and cultural perspective and recognize common values. Join Rachel to discover the work that she is developing in One Place and to share in some of the stories. www.one-place.org

OLD STORY/NEW STORY: Resolving Personal Conflict

Inspired by the Native-American tradition and his experience working with Arabs and Jews in Israel and Palestine, Canadian storyteller **Michael Williams** explores the potential for resolving personal conflict through storytelling. By re-examining the stories we live by and considering alternative versions, can we discover new meanings and restore our well-being? Join Michael in this thought-provoking and experiential workshop. www.rjmwilliams.co.uk

STORIES TOGETHER

The smell of cut grass, the sound of a VW camper van, the feel of rain on your face, the sight of a childhood home or the colour of the sea on a winters day. Evoking these sensory memories through storytelling can be the beginning of a remarkable journey. This gentle, interactive workshop will look at ways of working within an intergenerational context. **Jean Edmiston** has worked for over 20 years as a professional storyteller and writer. www.jeanstoryteller.co.uk

LOOK MISS, WE DON'T WANT TO BE HERE!

This workshop is intended to encourage storytellers to work at the heart of their communities by working with those groups that are difficult to engage with, but often who need stories. **Christine McMahon** will explore ways into groups and suitable introductions and stories to work with. Participants will also join in co-creating stories and working with a minimum of material where necessary. www.christinemcmahon.co.uk

FAIRYTALE HELPERS

Sit back and enjoy an old fashioned fairytale with a sprinkling of music, followed by an invitation to join Mags on a visualization journey to meet your own fairytale helper. **Margaret Smith** enjoys exploring stories through the senses to access the many layers and glimmers. Her first training is in Music and she loves the wonderful addition that story has added to her tool bag for engaging groups and individuals in the community. www.scottishstorytellingcentre.co.uk/directory/Tellerview.asp?key=156

A WAY WITH WORDS

Lesley O'Brien has worked for many years with Glasgow Women's Aid as a Family Resource Worker. As a storyteller she has facilitated workshops in refuges and organisations such as the Scottish Association for Mental Health and various drug and alcohol support projects. Lesley invites you to join her in a storytelling and creative writing exercise and to share some of her experience in this field. She is a member of the Lapidus Scotland committee which promotes the use of creative words for health and wellbeing. www.storiesofrecovery.org.uk

FREE VOICES

“The most exciting storytelling work I have done in recent years!” says **Gerry Durkin** who has been working with a group of artists known collectively as **Moving Voices**. The project is based around improvisation and collaboration between different art forms. Working this way, everyone in the group has an equal voice and there is no leader of the group. Gerry’s workshop will explore this way of working with the emphasis on freedom of expression and open interpretation. www.gerrythet storyteller.co.uk

NATURE HEALER

Join **Allison Galbraith** and explore Scottish folk stories, your own connection with nature and come and delve into how the natural environment can heal. Allison is currently engaged in collecting British tales of environmental wisdom for a Masters degree in Scottish Folklore and Storytelling at Glasgow University. In this workshop she will share some of these stories, encourage participants to tell their own nature stories, and relate her experience of working as a storyteller for Scottish Natural Heritage and the Scottish Wildlife Trust. www.scottishstorytellingcentre.co.uk/directory/Tellerview.asp?key=149

**We’re pleased to welcome Taffy Thomas the UK’s first
Storytelling Laureate!**

Begin the day with Music and Dance! Led by one of Scotland’s most experienced and inspiring Circle Dancers, **Jenny Oswald**

Keynote speakers

Each morning workshop leaders will share their experience of working in their fields

Story Clinics – Unlocking Story Power

As above

Open Space

This is a chance to delve into the meaning and use of stories while exploring different themes

Skill Development

We will share our ways of working with each other to nurture our skills at any level

Breathing Space

Unwind and enjoy some time to reflect and process the day’s activities with some complimentary therapies including:

Massage • Laughter Workshops • Yoga
Reiki • Chi Gong

Amongst others, practitioners will include Sharon Miller (www.joyworks.co.uk), Diane Tryer and Donald Hargrove (www.thesalutationstation.blogspot.com)

Check website for updates and details on the above activities – www.storiesforhealth.org

Symposium Store

The store offers an opportunity to purchase folktale collections and other books from visiting storytellers, the Scottish Storytelling Centre and Glasgow's The Village Storytelling Centre. Participants are also welcome to bring books or CDs to sell at this event and we will have a designated space for this.

We are happy to offer VOLUNTEER OPPORTUNITIES

Share your skills or learn new ones and join us for the week at a discounted rate.

A rare experience!

For more information contact Wendy Woolfson on +44 (0)141 579 2526

info@storiesforhealth.org

If you wish to sponsor or donate to this unique event, please contact Wendy on the email address above

**END OF PROGRAMME OF EVENTS
PLEASE CONTINUE TO REGISTRATION FORM**