

The Power of Healing Stories: Storytelling That Facilitates Healing



**A New Live Virtual Course
Presented by the Virginia Storytelling Alliance (VASA)**

Four 90-minute sessions

**Fridays: March 12, 19, 26 and April 2
from 11am – 12:30pm (ET)**

Stories contain the seeds of healing. Storytelling is an ancient healing method that compassionately invites tellers to open, to examine the raw and painful places, and to begin to heal. In a familiar, safe environment, story-listeners can also heal as they let go of defenses and relax to a place where a shift in consciousness and perspective can take place. This ancient oral tradition is vital to the physical, emotional, and spiritual health of individuals and community – and it is especially needed in our increasingly complex and hurting society today.

In this 4-session course, you will learn the principles and parameters of applied, therapeutic and healing storytelling and story-listening. You will learn how to ask for healing stories, how to guide clients in telling their stories, how to tell your own story, and how to use these stories to restore and build health and wellness in both tellers and listeners. In this limited-enrollment workshop, you have the guidance of a retired licensed professional counselor, trainer and storyteller with deep experience in using this method in his work.

Course Objectives:

1. You will increase your awareness of applied, therapeutic and healing storytelling and story-listening.
2. You will learn ways that stories may be used to enhance physical, mental, and spiritual healing.
3. You will learn guidelines for safely using appropriate and effective stories.
4. You will participate in several group storytelling activities and receive a healing stories bibliography and resources list.
5. You will be coached toward creating and telling you own healing stories.



Facilitator:

Les Schaffer is a retired licensed professional counselor, with special interests in family substance abuse and domestic violence. He frequently used storytelling, listening and related activities in his work and still teaches healing story workshops at professional conferences. Besides teaching and training in his chosen field of work, Les also regularly teaches Elders at the Life-Long Learning Center in Chesterfield County, VA. As a long-time storyteller, Les is a founding member of the Tell-Tale Hearts Storytellers Theater, Two Tellers Telling Tandem Tellers, and the Richmond Youth Story Warriors. He tells original, traditional and healing stories in a variety of settings, including concerts, schools, churches, workshops and conferences.

Cost: \$125 for VASA Members; \$150 non-members

Link to register: <https://www.eventbrite.com/e/storytelling-to-facilitate-healing-tickets-138791909337>

For more information, contact vasainformation1@gmail.com