

# Story Group Workshop

## The Art of Living Counseling Center



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**Dates:** Monday's 5-7pm, March 19th - June 4th

**Cost:** \$65 per weekly session (\$780 - 12 week session)

**Facilitators:** Cyndi Mesmer, LCPC & Susie Allison, LPC  
*The facilitators have advanced training in narrative-focused trauma therapy from The Allender Center in Seattle, WA.*

Our time will consist of teaching, homework and group process. Each group member will be working on and bring a written personal narrative to read and receive feedback.

Each group will be limited to 8 participants.

**To Register:** [https://theartoflivingcounselingcenter.formstack.com/forms/story\\_group\\_workshop](https://theartoflivingcounselingcenter.formstack.com/forms/story_group_workshop)

## Your Story Matters

Often when we experience difficult moments in life we lack healthy avenues to express and process the experience. We might not have language for the powerful feelings that arise or we might be too ashamed to even bring up the experience with another or just not have safe people in our life. Whatever the reason, these experiences remain hidden in the shadows of our heart. Hidden but not silent. The hidden experiences of our heart often wield unrecognized power over us and create structures of shame and self contempt in our lives. These places of shame are painful and so we create defenses around them to protect ourselves; unfortunately, these defenses further bind us.

When we courageously choose to lower our defenses and allow access into the hidden places in our hearts; change becomes possible. Telling our stories to one another in a supportive environment brings us into contact with our unprocessed emotions. It is at this point we can finally grieve and honor our experiences.

Telling our stories also offers us a way to see ourselves more clearly. With this increased clarity we are able to understand what has gotten in the way of our ability to give and receive love. As we do the hard work of reconnecting with the hidden parts of ourselves we gain a greater capacity to participate in and create more life giving relationships. Seeing ourselves from this new perspective also helps us identify and live out our calling. This is what we offer in our story groups!

Topics Covered:

- The importance of knowing your story
- How to write a story and hold others stories well
- When wholeness is shattered through abandonment, betrayal and shame.
- Styles of attachment
- Evils presence in your story
- How you invite and participate in reenactment of your core wounds.
- How to grieve your story
- Journey towards wholeness