

Using Metaphor and Storytelling in CBT

with children, young people and families

Presented by Dr. Steve Killick

Metaphor and storytelling are powerful tools in working with clients. The use of metaphor is now understood as a fundamental aspect of cognition, especially in how we think about our inner experience. Using metaphor has a long tradition in CBT helping people to understand therapeutic ideas quickly and also to become more aware of the metaphors on which they are operating. Similarly, storytelling has a long and rich role in building relationships and understanding and can create a safe and playful space in therapy. This workshop examines how therapists, counsellors and coaches can use metaphor and storytelling creatively in their work particularly taking a CBT perspective. The aims are to enhance participant's skills and confidence in using metaphor and storytelling in their work **with both children and adults.**

The workshop will:

- Explore using therapist led metaphors to help client understanding
- Describe ways to examine and explore the metaphors clients bring to the therapeutic process.
- Increase participants confidence in creating and telling stories for a therapeutic context.



Dr Steve Killick is a Clinical Psychologist. He worked for many years in Child and Adolescent Mental Health Services in the NHS and as Clinical Lead for Barnardo's Child and Family Bereavement Service in Cardiff. He specialises in the uses of metaphor and storytelling in health and education settings having written several books and papers in the area. He is currently working on 'Storytelling in Families' with Storytelling Laureate, Taffy Thomas. He is a Visiting Fellow at the George Ewart Evans Centre for Storytelling at the University of South Wales and has developed an emotional literacy intervention using storytelling for schools, 'Feelings are Funny Things.'

This workshop is suitable for coaches, counsellors & health professionals working with young people or adults including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses and CBT practitioners. Also for those working with young people or adults in educational, social care or third sector settings. It will contribute 6 hours Continuing Professional Development.

27th September 2019, 9.30am - 4.30pm
British Psychological Society
Tabernacle St.
London
EC2A 4UE

Prices including lunch & refreshments
Until 17th August 2019 - £120 + VAT
From 18th August 2019 - £135 + VAT
For more information or to reserve a place visit :- www.stantonltd.co.uk or www.grayrock.co.uk

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