

Contents

Acknowledgements	x
Foreword by Jennifer Gidley PhD	xiii
Introduction: Stories Know the Way	xvi

SECTION A – WRITING THERAPEUTIC STORIES 1

1 A Construction Model for Story Writing	2
What is a therapeutic story?	3
Weaving the framework	4
Positive resolutions	5
The mystery and magic of metaphor	10
Obstacle and helping metaphors	12
Tips for choosing metaphors	17
Caution in choosing metaphors	21
Building tension – the journey	22
Different story journeys for different ages	23
The value of props	26
A question of ethics	28
Adjusting stories to different situations	29
Changing story endings	30
Simplicity finds a way	32
Healing stories for all ages	34
Stories for adults	34
Healing stories for teenagers	36
2 Getting the Story Juices Flowing	38
‘Story bones’	39
Imagination exercises	40
The ‘Story Bag’ story	45

SECTION B – 101 THERAPEUTIC STORIES 47

3 Anger/Aggression/Hitting/Scratching/Biting	50
The Rhythm Sticks	50
Baby Hippo’s New Teeth	53
The Party in the Jungle	54
The Stick that Sings	55

Little Roo	56
Buddy Cuddle	57
The Sailor Boy	59
The Scratchy Spiky Porcupine	60
The Wandering Gnome with the Kind Hands	61
The Red Berries and the Handy Squirrel	63
Little Lead Pencil	65
The Elephant's Trunk	67
'Story bones' – knights, dragons and princesses	69
4 Anxious/Insecure/Fearful	71
The Shadow Giant	71
The Rose and the Thorn	74
The Ants and the Storm	75
The Sparkling River	76
The Golden Pipe	77
The Star Child's Journey	78
The Song of the Seashell	79
The Bees	81
The Rosella and the Strawberry Patch	83
The Boat and the Dolphin	84
The Not-So-Perfect House	85
'Story bones' – The Not-So-Perfect Car/	
The Not-So-Perfect Garden	87
5 Bullying/Exclusion/Teasing	88
Clever Chameleon	88
Rainbow Colours	90
The Golden Dolphin	91
Baba Simba	92
Bully Bear	93
Hot Hippo	95
King Flower	96
'Story bones' – The Dolphin and the Storm	97
6 Death/Dying/Illness	98
Heavenly Magic	98
The Oriole and the Cherry Tree	99
Grandfather's Cloak of Light	100
The Butterfly	101
A Doll from Heaven	102

The Tortoise and the Market Bus	103
The Hare, the Parrot and the Bear	103
The Rainbow Dove	104
The King and his Three Sons	105
'Story bones' – The Marathon Runner	106
7 Disrespect/Lack of Care (self/others/things)	107
A Day in the Life of my Hat	107
A Day in the Life of my Coat	108
The Thank-You Princes	108
Kipury: An African Midwinter Story	110
The Wombat Family	112
The Bowing Tree	115
The Ocean Playground	117
'Story bones' – The Golden Feather	118
8 Disruptive/Restless/Over-excited	119
Juju Finds a Friend	119
The Three Pots	121
Panya the Rat	123
The Three Ponies	125
Mindy at the Country Fair	126
Wombat Helps to Build a Dam	129
The Frangipani Gift	131
'Story bones' – The Ants' Feast	132
9 Dishonest/Sneaky	133
Juniper the Rabbit	133
Forest Boy and the Red Shoes	136
The Farmer and the Magic Stick	137
The Peddler and his Caps	139
'Story bones' – The Silver Branch	141
10 Divorce/Separation/Blended Families	142
A Family of Snails	142
Big Things When You are Little	144
Saturdays	145
The Children and the Butterfly	147
Little Brown Bulb	149
The Magic Cooking Pot	150
'Story bones' – penguins, towers, toadstools and canoes	152

11 Fussiness/Complaining	154
Winnie the Fussy Eater	154
The White Birds and the Rain	156
Little Wolf	158
Little Elephant Does Not Want to Walk	163
'Story bones' – hair-brushing story	165
12 Intolerance/Lack of Acceptance (of self and others)	167
Silvester the Snail	167
Seasons	168
Canoe Girl	169
The Three Butterflies	170
The Rainbow Horses	171
The Little Drummer Boy	173
'Story bones' – The Sled Race and other ideas	175
13 Lack of Confidence/Resilience	177
The Winged Horse	177
The Gnomes and the Golden Crowns	181
The Little Pigs and the Hyena	183
The Shining Star	185
Little Gold Horse	186
The Light of the Future	188
Ariadne's Thread – stories, crafts and 'maze' games	192
'Story bones' – The Magic Cloak	195
14 Sexual Abuse/Sexual Awareness	197
Yogi and the Cobra Snake	197
The Caterpillar	199
The Princess and the Mirror	201
'Story bones' – broken dolls, lions and crocodiles	203
15 Shy/Withdrawn/Low Self-esteem	205
Daisy White	205
The Shy Robot	206
The Lonely Robin	207
The Bunny Clowns	209
Little Polar Bear	209
'Story bones' – wizards, fairies, mermaids and mermen	210

16 Swearing/Shouting/Silly Speech	212
The Singing Snake and the Dancing Bear	212
Kuky the Kookaburra	214
The Boy and the Pearly White Shell	216
A Lyrebird with a Cockatoo Voice	217
The Shouting Clock	218
'Story bones' – mask men, monkeys, tornados, lions and princes	219
17 Toileting/Bedwetting	222
The Barnacle-Covered Fish	222
The Gum Tree	223
The Leaking Roof	225
Good Night, Sleep Well and Bless You	226
A Doll called 'Rainbow'	228
'Story bones' – dandelions, house of 'poos' and sea gardens	228
18 Obstinacy/Lack of Social Sense	230
Little Siafu and her Shiny Stone Drum	230
The Digger that Always Says No!	233
A Friend on the Farm	235
Twiga in the Mist	236
The Keeper of the Lake	239
A Gift of Shells	240
'Story bones' – The House that Had Enough!	243
Endnotes	244
Appendix 1 - List of stories	245
Appendix 2 - About the authors	248
Books by the same Author	249