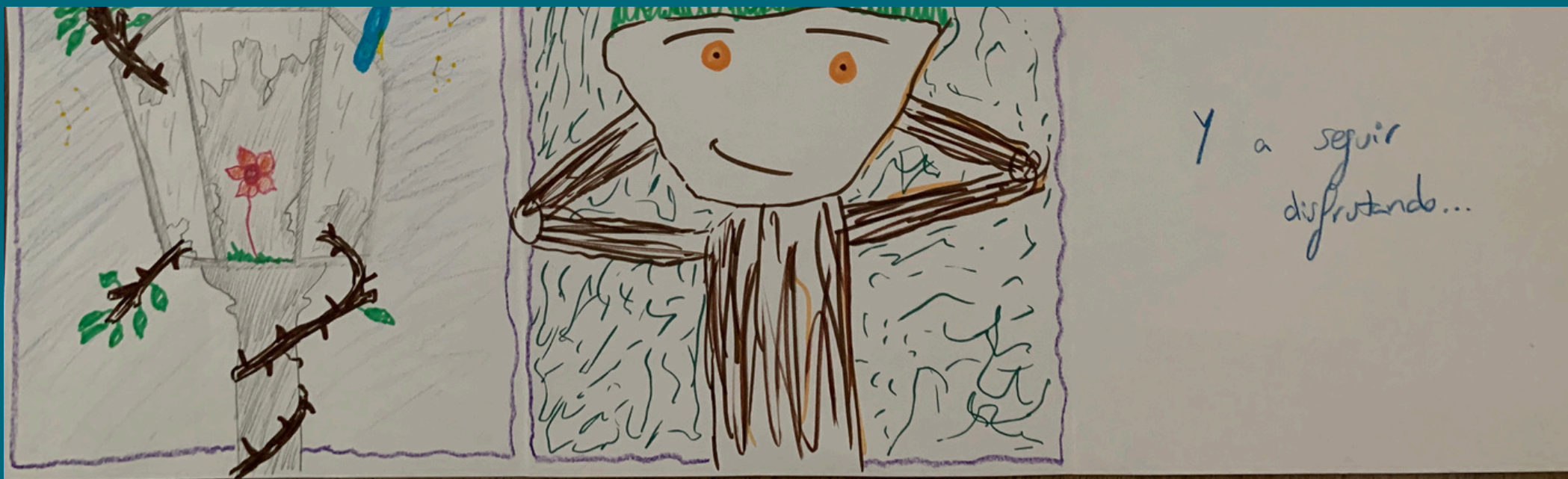




The 6-Part Story Method



The 6-Part Story Method (6PSM)

The 6PSM is a structured way of storymaking with people of all ages. It is widely used in Dramatherapy and art Therapy. It was originally used by Alida Gersie as a creative way of story making. One of Gersie's students, Mooli Lahad, developed it into an assessment tool for identifying coping strategies. The assumption being that "...in telling a projected story based on the elements of fairytale and myth, we will see the way the self projects itself in organised reality in order to meet the world" (Lahad, 1992, p.157)

The 6PSM provides a blank slate upon which individuals can create a new story, this can provide valuable information about the internal life of individuals, and it is particularly useful for people who are blocked or lack confidence.

The therapist provides the structure to the story by prompting the client with guided questions.

Afterwards there is an invitation to explore the story in more depth and reflect upon the content, using different creative techniques.



Recording of Online Workshop “The 6-Part Story Method”



You may be interested in accessing the online workshop “[The 6 part story method](#)”, I facilitated on Online Events.

We looked at background and history of the 6-part story method.

We each created a 6-part story and some participants volunteered to share their stories.

We worked through their stories in more depth

We discussed how the 6PSM could be used in therapeutic settings.

We explored using the 6PSM to explore situations of eco distress, eco depression and eco grief.



The 6-Part Story Method



The 6PSM is one of my favourite resources ever. I have used it in storytelling training programmes, in individual therapy and with groups of all ages.

If you are interested in knowing more about the 6PSM please do get in touch. You may be interested in the experience for your own personal growth, or you may wish to use the 6PSM in a therapeutic setting or with groups.

Whether you choose to explore it online or in person, you will find an exceptional, flexible tool for your creative toolbox.