

WAVE Trauma Centres

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WAVE

Trauma Training

Storytelling Course



Community Relations Council




European Union
 European Regional
 Development Fund
 Investing in your future



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Accredited Open College Network Courses



“Telling one’s story, through oral or written means, has been shown to be a key experience in people’s lives, especially those who have undergone severe social trauma”. Julia Chaitin

Who is the course targeted at:

For anyone who is interested in learning about the use of storytelling as a mechanism of dealing with the past in Northern Ireland. This course will also help those who wish to develop storytelling projects for groups.

What is involved?

This course will run for 8 weeks with each session lasting 3 hours.

Requirements for course accreditation are:

Participants will be required to produce 2 assignments and a ‘Semi Structured Journal’ identifying what they have learned in each session. Participants will be encouraged to use role-play, creative exercises and group work to support their learning.

Successful participants will be awarded a Level 3 accreditation with the Open College Network.

Each course will have no more than 14 participants.



Course Content

- Understand how fundamental and powerful storytelling is in our everyday lives.
 - Understand the therapeutic benefit of telling a story.
 - How words and meanings change as they are passed from teller to listener.
 - Hear stories of others in an open and respectful way.
 - Understand that writing can be a powerful medium for storytelling.
 - Understand the ethical issues involved in hearing, telling and gathering stories.
 - The use of visual image to raise awareness of personal stories.
 - Skills required in recording the personal stories of other people.
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