

3. Stories as Therapy – The Healing Power of Narratives

Human beings have always been fascinated by the stories through the ages. Stories have served multipurpose such as vehicles of knowledge transfer, informal education, and a transmitter of values and morals. Most importantly stories have deeply therapeutic influence on human societies because they bypass the strenuous habit of over reasoning and the limitation of logical thinking. More so, stories teach empathy and tolerance of difference.

Course Title: Stories as Therapy – The Healing Power of Narratives

Course Duration: 60 hours

Course Instructor: Dr Neeti Roy

Course Objectives:

This course engages with stories from different world cultures. The objectives of the course are –

- To promote an understanding and appreciation of narratives as a cultural recourse.
- To introduce the students to the aesthetic and moral vibrancy of a common human heritage.

Learning Outcomes:

Students will be able to -

- To equip students to engage with metaphors towards enhanced self-understanding.
- To become familiar with nuances of similarities and differences of stories from different cultures.
- Activate the skill of applying narrative wisdom to real life situations.

Modules: 03

Module 1 : Basic concepts in Narrative and Bibliotherapy

Time: 15 hours

1. Introduction to Narrative Therapy
2. Bibliotherapy in the context of Narrative Therapy
3. Nature and Scope of Bibliotherapy

Module 2: Evolution, the Human Mind, and the power of Narratives

Time: 15 hours

1. Sapiens- a brief introduction

Module 3: Stories, Cultures and Societies: Select examples

Time: 15 hours

1. Asian:

- a. Jataka Tales and Jain Narratives
- b. Panchtantra Tales
- c. The Violet Fairy Book

<https://www.youtube.com/watch?v=UA2BYSivP>

XA

<https://www.youtube.com/watch?v=qsuqbPda5uo>

2. Arabian

- a. The Arabian Nights

3. European

- a. ***Children's and Household Tales***
(The Clever People, Rapunzel, The Three Spinning Women, The Elves, Cinderella, Little Red Riding Hood and others)
- b. ***Briar Rose*** by Jane Yolen

4. African:

- a. Dark Matter: A Century of Speculative Fiction from the African Diaspora by Sheree Renée Thomas