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Therapeutic Storytelling

Injustice, violence, neglect: they understandably generate pain, anger and counterviolence and sometimes a longing for vengeance. To break the spiral of hatred, people need mentors. If these are missing in the environment, stories can take over this function. Can we use stories to strengthen important skills? Or give the individual the opportunity to find an inner counselor, an inner mentor?

Which stories and in which contexts can be helpful?

In her presentation, the speaker will address some theoretical aspects and invite the listener to find stories and counterstories in his culture.