

Creative practice tool kit for practising therapists:

Session Templates:

- Session 1: Introducing to Storytelling Through Film
 - Activity: Watch and discuss a short film with relatable themes.
 - Goal: Identify themes the participant connects with.
- Session 2: Personal Story Map
 - Activity: Create a visual timeline of significant moments in the participant's emotional journey.
 - Build narrative self-awareness.
- Session 3: Character Exploration
 - Activity: Create a fictional character or story.
 - Goal: Develop a story through a character or film matter.
- Session 4: Filming Emotions
 - Activity: Film raw footage.
 - Goal: Use symbolism and experimental visuals to express emotion.
- Session 5: Reflection Through Editing
 - Activity: Edit selected clips together with or without audio.
 - Goal: Reflect on the participants narrative, promote closure.

Tools and Accessibility:

- Free/Low-Cost Tools:
 - Filming: Smartphone cameras.
 - Editing: iMovie, CapCut or DaVinci Resolve.
 - Storyboarding: Canva, hand-drawing templates.
- Accessibility Considerations:
 - Offer alternatives for example using found footage or audio.
 - Provide tech guidance or co-create content if needed.

