

Stories That Heal Bringing Narrative Medicine to the Work you do already

Presented by Dr Lewis Mehl-Madrona & Barb Mainguy MA



Dr Lewis Mehl-Madrona

Lewis Mehl-Madrona, MD, graduated from Stanford University School of Medicine and trained in family medicine, psychiatry, and clinical psychology. Of Cherokee and Lakota heritage, Lewis has worked extensively with indigenous communities around the world, including Australia. He is the author of five books, his latest: *Healing the Mind through the Power of Story*. His current interests centre around psychosis and its treatment within community and with non-pharmacological means, and narrative approaches to chronic pain in primary care.



Barbara Jane Mainguy

Barbara Mainguy is a creative arts therapist, with a background in art, philosophy and psychology. She completed her MA thesis on the connections between Lakota healing traditions and psychotherapy. Her work utilizes energy, story, ceremony, art, movement, drama, music, imagery and Lakota quantum physics to guide people into an approach to self-healing.

Narrative ideas are blossoming from the indigenous world into contemporary practice and are taking hold. Many recognize Michael White's narrative therapy, which is a kind of psychotherapy influenced by narrative ideas. However, White was part of a larger movement, which we aim to further explore.

We will also explore the foundations for narrative ideas in both the indigenous world, in neuroscience and in contemporary philosophy. Narrative is a core idea for indigenous thought in which "all that exists is story". Story is the social neurotransmitter of a collective brain. The notion of narrative is essential to most indigenous cultures.

This afternoon is a discussion of how you can incorporate these ideas into the work you are already doing. It may also serve as an introduction to a potential online program.

When: Saturday 23rd November, 2.00pm until 5.00pm

Where: Hocokah House, 283 Canterbury Rd Canterbury

Who should attend: Medical & Paramedical, Practitioners/Workers/Therapists in the Health and Mental Health Fields

Cost: \$25

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