

Frequently asked questions

Is this a replacement for therapy?

No, this is not a replacement, as this work is not licensed therapy. I am not acting as a therapist but rather as a coach. We will not cover every area of your life that a therapist would address. Instead, we will focus our work on childhood stories that affected your development.

Do I have to be a Christian to do this work?

No, you do not. This work does not require engaging in prayer or Bible study; however, the methodology is based on a Christian worldview that people are made in the image of God and each of them has experienced harm in a broken world. Healing is possible, whether you are a person of faith or not.

How many sessions will we meet?

I am happy to work with you on your personal needs and goals. I suggest at least 6 sessions for those who have prior experiences with storywork and are looking for follow-up care. For those new to storywork, I suggest 12 sessions (or more).

How frequently will we meet?

I recommend meeting weekly or twice monthly.

Can we meet in person?

For now, I am only available to meet online using Zoom. New Yorkers, I am looking forward to a time in the future when we can meet in person.

What is the cost and how do I pay?

I receive payment through Venmo. Client sessions cost \$99 for 45 minutes, due at time of service.

What are your qualifications?

I began my journey into storywork by engaging my own stories with an Allender Center practitioner. Following that life changing experience, I completed three years of training in Narrative Focused Trauma Care at the Allender Center and became certified. I also have a Masters of Social Work from PennWest University.

What is trauma?

Trauma is a buzz word right now and is defined in different ways. When I use the word trauma, I am referring to any violation of our human dignity that feels threatening to our sense of safety in the world. Because we live in a fallen world, everyone has experienced trauma on some level. It could be psychological, physical, sexual, or spiritual. It includes individual and collective experiences. Abuse and neglect, in any manner, are traumatic. These experiences, which happen in isolation, are not fully processed, and leave a lasting impact on our bodies, our

minds, and the way that we engage in relationships. Trauma that is not resolved (given care, attunement, and comfort) embeds itself into our brains and bodies and influences our beliefs and behaviors.

What does the impact of unresolved trauma look like?

It looks like: fragmented memories, anxiety, depression, low self-esteem, difficulty with regulating emotions, difficulty trusting, loss of a sense of safety, suspiciousness, numbness, compulsive behaviors, people pleasing, chronic health conditions, and sleep disturbances.

Why Storywork?

Narrative Focused Trauma Care (NFTC) is a framework for engaging traumatic stories in a compassionate and holistic way. It addresses body, mind, and relationships by weaving together psychology and theology, opening the door to healing for our deepest wounds. Shame, contempt, and isolation are transformed into faith, hope, and love.

Trauma does not happen in a vacuum. It happens in very particular moments in time with particular people. Therefore, addressing generalities may not bring about deep healing that is desired. Going back into those particular moments, with a compassionate and comforting guide, is a path toward redemption. It is there that we name both harm and beauty and reclaim the parts of ourselves that were lost.

Do I have to write a story?

While I hope that at some point during our time together, you will be able to write out at least one story, it is not a requirement. It is highly recommended and beneficial, and I would be happy to help you with the process. I prefer an approach that is centered around you, the client, and we can start with wherever you are at.

References:

<https://theallendercenter.org/about/nftc/>
<https://www.ncbi.nlm.nih.gov/books/NBK207191/>