

The Utilisation of Storytelling as a Therapeutic Intervention by Educational Psychologists to Address Behavioural Challenges Relating to Grief of Adolescent Clients

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Abstract : Storytelling as a therapeutic intervention entails the narrating of events by externalising emotions, thoughts and responses to life-changing events such as loss and grief. This creates the opportunity for clients to engage with psychologists by projecting various beliefs and challenges, such as grief, through a range of therapeutic modalities. This study conducts an inquiry into the ways in which storytelling can be utilised by educational psychologists with adolescent clients to address behavioural challenges relating to grief. This qualitative study therefore aims to facilitate an understanding of the use and benefits of storytelling as a therapeutic intervention. This has been achieved by examining interviews with four educational psychologists who have utilised storytelling as a therapeutic intervention with adolescent clients to overcome challenges with grief. The participants (educational psychologists) discussed case studies during interviews, which provided evidence of their practical administration of storytelling as a therapeutic intervention incorporating integrated theoretical approaches through the use of blended therapeutic techniques. Behavioural challenges relating to grief were also predominant in the case study information provided by the participants. The participants further confirmed that the term 'grief' included different types of loss that were experienced among adolescent clients. The implications and recommendations of the findings encouraged the utilisation of storytelling as a therapeutic intervention with adolescent clients in addressing behavioural challenges related to grief, based on the outcome of the case studies discussed by the participants.

Keywords : storytelling, therapeutic intervention, adolescents, grief

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