What Good are Stories?
Telling and Healing in Traditional Cultures

April 29, 12-1:00 PM
330 Hendrick's Hall

Madronna Holden (Oregon State University, Linfield College) will illustrate the use of traditional stories for physical and psychological healing, in the process of their telling, in their structure, and in their content. She will discuss the theoretical basis of such healing, including the nurturing aspects of storytelling; the use of metaphor as conceptual bridge and opening of thinking, the “holding” and “revealing” of the shadow, the shift from victim to equal in knowing another’s story, and the physical and psychological benefits of ebbing immersed in listening. She will illustrate these ideas with concrete examples from storytelling in traditional cultures, with some intimation for their healing use in the modern age, drawing on her own experience as a professional storyteller.