

Storytelling Therapy training.  
8 one-hour one-on-one sessions.

Review by a person who underwent the process in April-May 2021 --

The Storytelling Therapy sessions with Dr. Eric Miller were in many ways a first for me. I started the sessions with a view to experience healing therapy and by the end I feel equipped to revisit memories invoking pain or hurt, and deal with them in ways that are cathartic. The steps of the therapy sessions, devised scientifically, helped introspection while the act of writing down incidents and feelings of the past and present was liberating. It was also a huge learning experience in terms of the articles, stories, research papers, and videos shared and discussed. Ideally, I would recommend each of us go through this process sooner rather than later in life to be able to heal and grow joyfully.