

The Monomyth and Narrative Therapy



Facilitating Change in The Lives of
Children, Youth, and Adolescents

Narrative Therapy

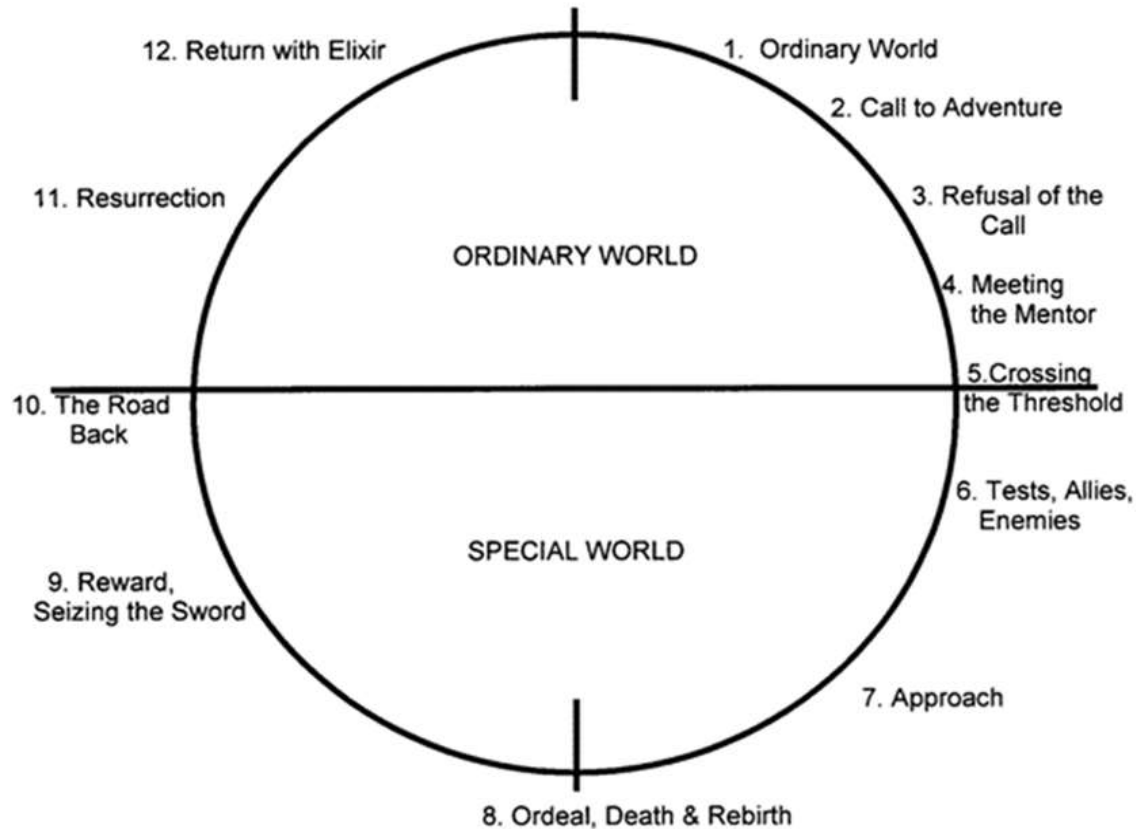


- ❧ The Person Is Not The Problem.
- ❧ The Problem Is The Problem.

-Michael White

- ❧ Narrative Therapy In Conjunction With The Monomyth Can Take The Form Of A Quest!

THE HERO'S JOURNEY



❧ The monomyth, or the hero's journey, is a template that describes the path that the protagonist or protagonists in these narratives undertake in order to complete a goal, challenge, or quest (Campbell, 1949/1996).

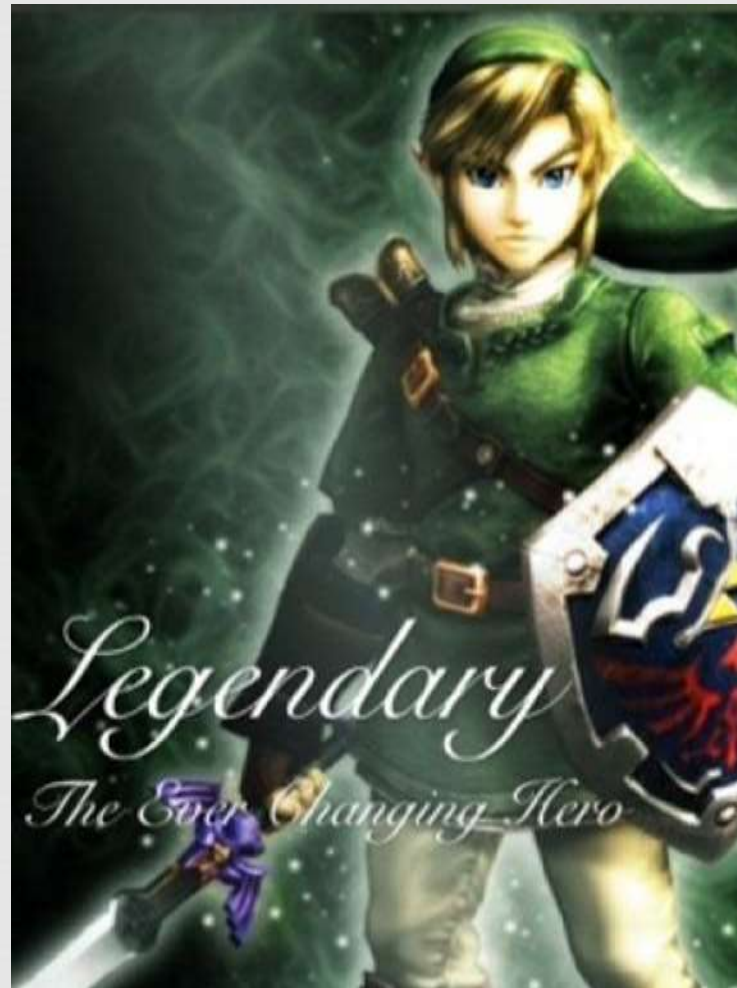
Beginning

Middle

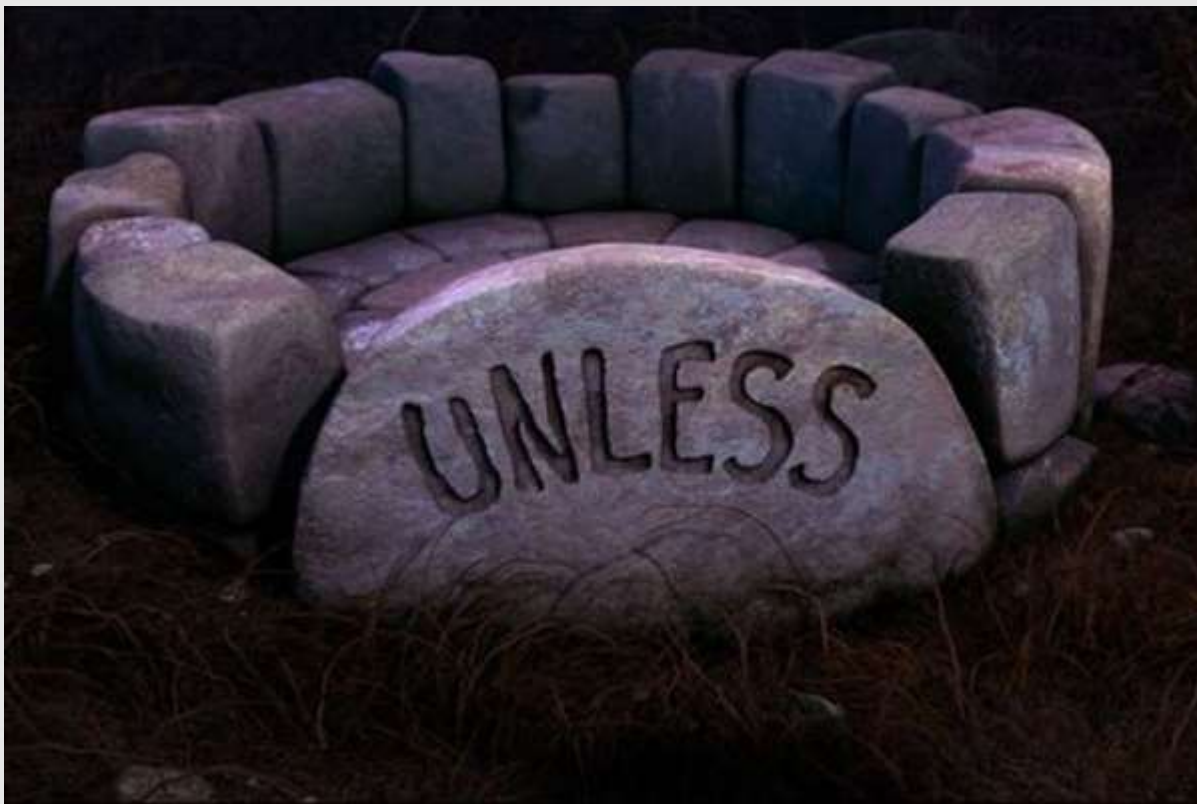
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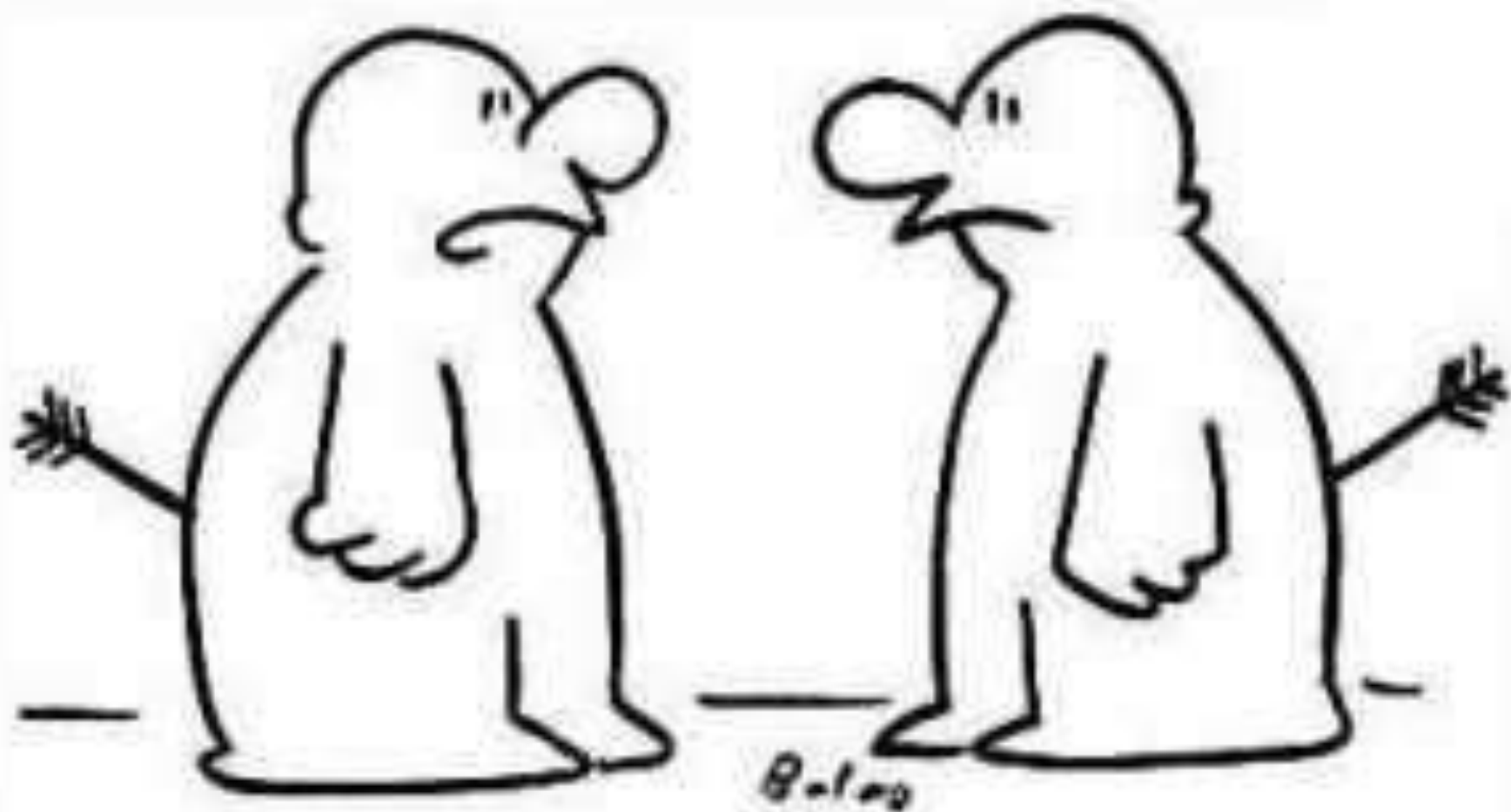
☞ Children, youth, and adolescents are often taught stories, myths, and legends at home or at school; this can create an affinity for these forms of narrative that will allow the young person to see past the story and open themselves up to any underlying messages.



∞ As they read about how the hero adapts to change and transition, they can follow the hero's example and apply what they have learned to their own lives.



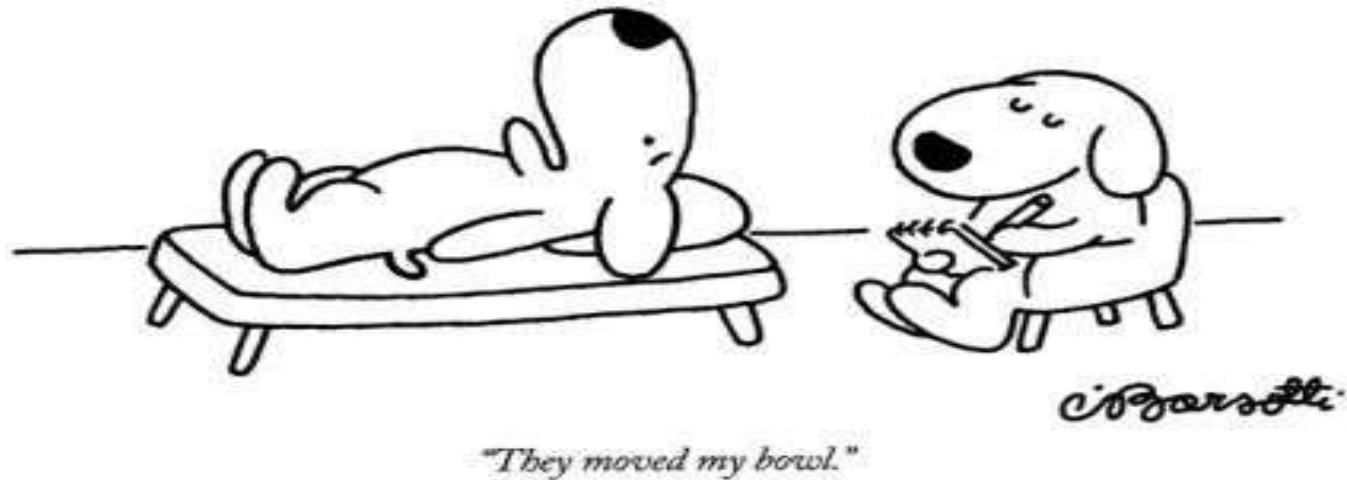
The lessons learned by the hero of the story are often fundamental and universal in nature, thus they become a source of instruction and guidance for those who experience the narratives in whatever form they present (Campbell, 1949/1996).



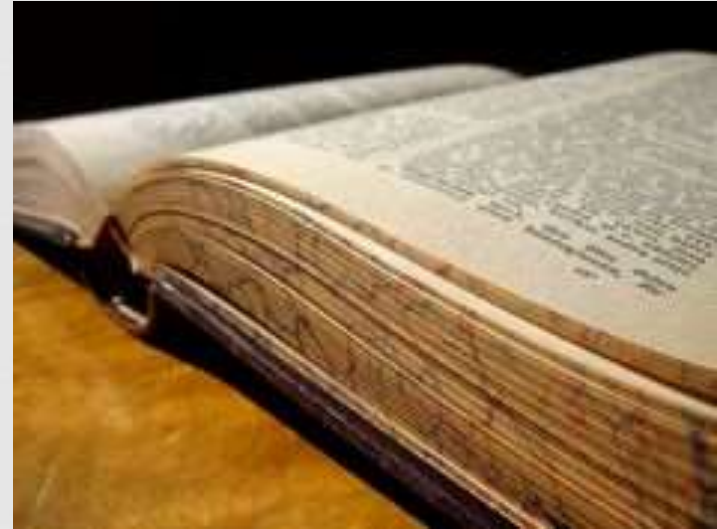
"I know exactly how you feel."

"You never really understand a person until you consider things from his point of view... until you climb inside of his skin and walk around in it."

— Harper Lee



- ☞ Transition and change are part of life experience. Sometimes this can be positive and viewed as good; at other times it may seem the opposite is true. Difficult change and transitions can lead to a struggle with adjusting to new circumstances.



☞ Counsellors who use narrative therapy in conjunction with the monomyth need to realize that not every story contains every step or phase of the hero's journey; it is necessary to remember that it is the process of transition within the young client's story that is important.

What Next?

- ❧ There are many studies on change and transition, and how children, youth, and adolescents adapt; however, the literature available on using monomyth as a tool for helping progress through periods of change positively and appropriately is not very large.
- ❧ Therefore, the literature available on using the monomyth in conjunction with narrative therapy is even sparser. However, there is evidence that this is an area of growth.

What Next?



- ☞ Since narrative therapy is comparatively recent, and is a growing modality, there is a growing need for more research on using this in conjunction with approaches like bibliotherapy, the hero's journey, and other approaches to literature.

Conclusion

- ❧ Children, youth, and adolescents do not necessarily have the life experience they need to adjust to changing circumstances and challenges. One place they can learn to do so is within narratives and stories.

Conclusion



- ❧ Joseph Campbell's (1949/1996) monomyth is a representation of the path that a literary hero takes as he or she journeys through a story. By following along with the hero, we are able to learn from the hero's successes and failures and apply those lessons learned to our own lives.
- ❧ The monomyth, in conjunction with narrative therapy, can help young people to adapt to change in positive ways.

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