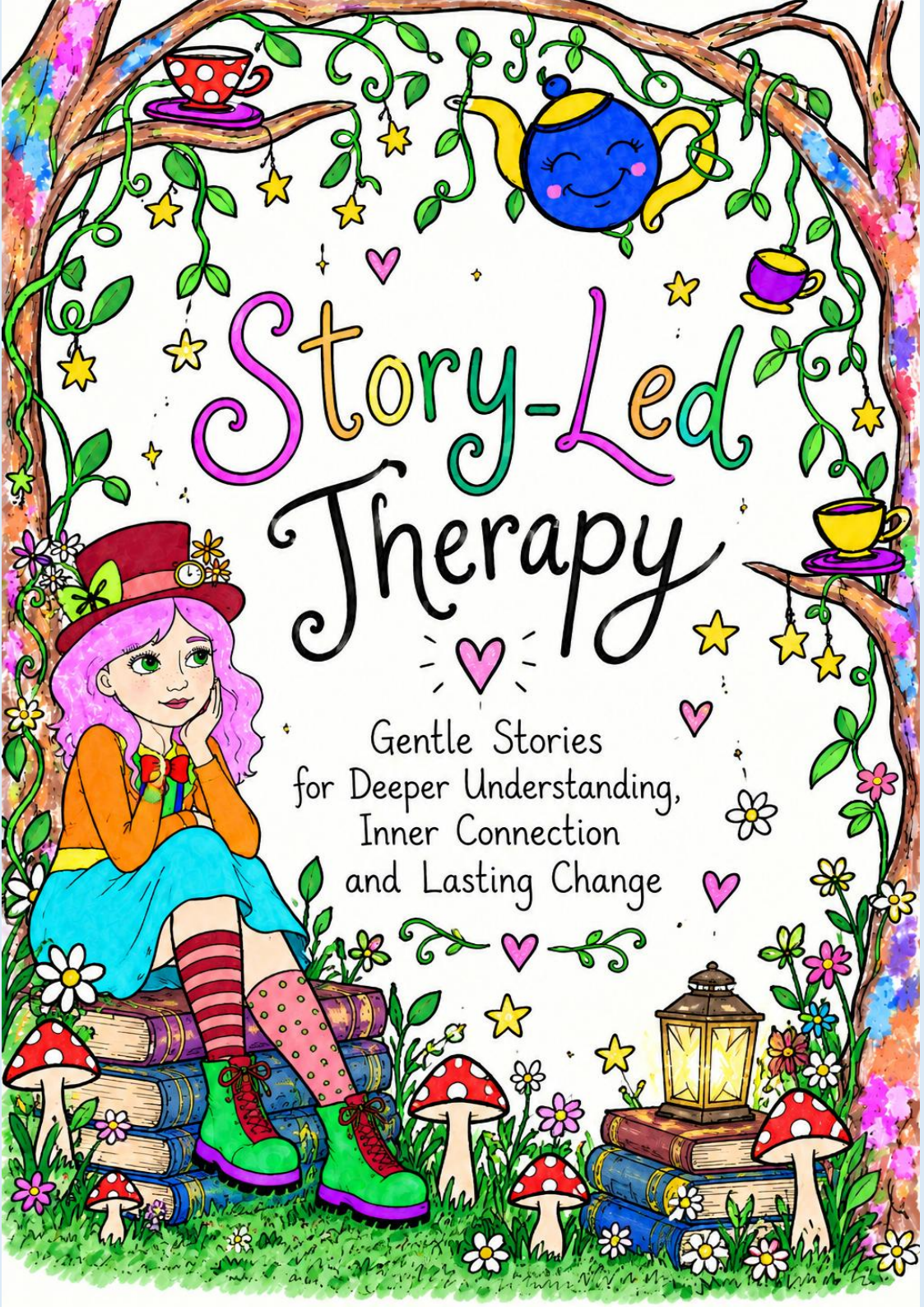




Story-Led Therapy

Gentle Stories
for Deeper Understanding,
Inner Connection
and Lasting Change

The Architecture of the Journey

Gentle on the Outside. Meaningful Within.

On the surface, you may simply be listening to a story.

A woodland.

A river.

A strange little creature.

A doorway appearing somewhere it wasn't before.

But the stories within InnerWonderland are not created simply to entertain you or distract you for a while.

There is intention woven into them.

My story-led journeys bring together guided meditation, hypnosis-inspired techniques, therapeutic reflection, imagination and elements of parts and shadow exploration all held within the gentler language of story.

Rather than telling you what you should think, feel or discover, the story creates somewhere for your own mind, imagination and experiences to respond.



Why Story?

Sometimes approaching something directly can feel like too much.

We might not have the words.

We might understand something intellectually but still feel stuck with it emotionally.

Or we may simply not be ready to sit opposite somebody and explain everything that's happened to us.

Story gives us another doorway.

A character might represent something you recognise.

A place might create a feeling.

An object might remind you of something.

A question might unexpectedly stay with you.

Or you might experience nothing particularly profound at all and simply enjoy fifteen minutes somewhere peaceful.

There is no correct response.



Working With What Appears

Throughout a journey, you may be invited to notice things such as:

- ✦ Thoughts and emotions
- ✦ Sensations within the body
- ✦ Memories or associations
- ✦ Different parts of yourself
- ✦ Beliefs and patterns
- ✦ Needs and boundaries
- ✦ Images, symbols and imagination
- ✦ What feels supportive, uncomfortable or simply interesting

But you are never required to go searching for something painful.

We don't need to dig up trauma simply because it exists.

Instead, the invitation is to notice what naturally presents itself, become curious about it and decide what if anything you would like to explore further.



The Story Doesn't Decide What It Means

This part is important.

I don't tell you what the dragon means.

Or the river.

Or the locked door.

Or why one particular part of the story made you cry while another made you laugh.

Because we're working with your psychology, your experiences and your InnerWonderland.

Something that represents fear to one person might represent freedom to somebody else.

The meaning belongs to you.

The story simply gives you somewhere to explore it.



Quietly Potent

Therapeutic work doesn't always have to feel dramatic to be meaningful.

Sometimes something shifts through a conversation.

Sometimes through understanding.

Sometimes through imagination.

Sometimes through finally noticing a pattern.

Sometimes through allowing yourself to rest.

And sometimes a tiny sentence from a story follows you back into your OuterWonderland and changes the way you look at something.

That's why these journeys are intentionally gentle.

Not because gentle means insignificant.

But because we can be curious without forcing.

We can explore without demanding answers.

And we can move at a pace that respects the person actually taking the journey.



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Published by Hatter Publishing Ltd

Company No. 16691257

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A gentle approach
to inner work,
where story, imagination
and therapeutic tools
come together to help you
explore, connect
and create meaningful change
— at your own pace.

IMAGINATION

REFLECTION

HEALING ♥