



What happens when we shift from viewing our bodies as a single entity to experiencing our bodies as a community of diverse members, each with their own experience, position, and stories?

A dedicated 5 week group for those of us who would like to encounter *Our multi-storied bodies* ideas and practices through crafted exercises. You are welcome to choose how you'd like to take up the exercises - perhaps they spark writing, discussion, creating or movement in different forms, research or how you ask questions in your respective practice(s).

The 90min offering will be a live guided exercise followed by discussion/sharing and considerations for practice or continuing these lines of exploration.

Practice is how you choose to describe it and you will never be asked to define it to the group...this makes space for multiple practices and resists a hierarchy i.e. paid over informal. Previous participants come with practices from fields spanning care, academic, spiritual, activism, ancestral, creative, therapeutic, education, community and many more...

**Please note that these sessions are not offered as therapy, if further support is required you are welcome to discuss with Poh prior to registering.*

Dates & Time

One group offered on Zoom in **GMT+8** timezone (Malaysia)
4pm Wednesday **17th, 24th & 31st** July and **7th, 14th** of August 2024

Recording of sessions available to participants within the 5 sessions. If you can't attend a session you can engage with the recording afterwards.

Padlet available to the group over the 5 weeks to stay in touch between sessions.

Groups are limited to 8 people.

Cost:

*\$250 CAD I can benefit from the support of the community to attend

*\$300 CAD I have access to enough means to pay the current market rate

*\$350 CAD I have access to enough means to offer support to community members to attend

*(plus tax in Canada/Quebec)

Registration and confirmation of groups by **Friday 21st June 2024**.

To register email info@narrativeimaginings.com with invoice details, the fee you can pay and any considerations for ease of access.

Further resources:

- Lee, P.L. (2023) [Our bodies as multi-storied communities: ethics & practices](#). Journal of Systemic Therapies.
- <https://reauthoringteaching.com/events/jan-2023-multi-storied-bodies/>

Poh Lin Lee

www.narrativeimaginings.com

I grew up with the bird song of kookaburras, galahs and magpies. I grew up with blue tongue lizards and dugites. I grew up with creeks and bush filled with jarrah, gum, banksia and kangaroo paw. I also grew up with humidity thick with spices and pandan leaves. I grew up with pepper plant, monsoon rain and dusky leaf monkeys. Now I am in relationship with snow and rivers. I meet marmots and belugas. Pines, juniper, bluets and lichen.



Poh is a Chinese Malaysian Australian woman who comes to practice from multiple locations - narrative therapy practitioner, social worker, co-researcher of trauma/displacement, writer, teacher, film protagonist and film/creative consultant. For many years Poh was engaged in co-research with people and communities responding to themes of experience such as family and state violence, displacement (from rights, land, home, body, identity, relationships), liminality and reclaiming practices of *staying with* experience and preference. Poh collaborated on the award winning film [Island of the Hungry Ghosts](#) (2018) with director, Gabrielle Brady and for the past decade has been innovating with

narrative therapy to create workshops and consultations that offer anti-oppressive pathways, movements and possibilities in creative projects and practices.