



...changing lives one story at a time

# STORYTELLING AND ARTS FOR HEALTH

Evidence-based arts and writing programs for wellbeing

## Our Story

Storytelling is a powerful way to make sense of our lives, learn from our experiences and share wisdom with others. Createplace is a collaborative group of experienced writing and art health practitioners who have joined resources to offer a suite of programs that put creativity at the heart of all people. We provide places for mentoring, innovation and collaboration to inspire self-awareness and social connection, and ultimately, provide tools for people to live more energetic and enthusiastic lives.

## What we do

Createplace provides places for people to connect, collaborate and learn and for anyone to 'have a go' at storytelling and art activities to enrich their lives and wellbeing. Workshops we offer can include life writing, creative writing, poetry, digital storytelling and folk/fairy tales, all held in a supportive and fun environment.



*"I can shake off  
everything as I write:  
my sorrows disappear,  
my courage is reborn"*

- Ann Frank



The Createplace Team

## Meet the Team (left-right)

- **Pam Blamey: Creative Arts Therapist**  
M MHlth Art Therapy, GDip SoSc Counselling
- **Leanne Dodd: Life Narrative Coach**  
PhD Candidate, GC T/Educ, Dip Art Therapy
- **Elena Volkova: Transmedia Storytelling Practitioner** M Arts Transmedia Studies, GDip Museum Studies, B Arts
- **Nicki Cassimatis: Poetry Practitioner**  
GDip Education, B Arts, GC Mental Hlth Cand.



## Why it's Important

One in five Australians experience mental health issues in any year and the cost of mental health equates to \$28.6 billion. It is listed as number three in terms of chronic health disease in Australia. We aim to offer innovative and enjoyable ways to strengthen the resilience, health and mental wellbeing of individuals. Our inspiring writing and storytelling programs are designed and delivered by industry experts using evidence-based practice. Globally, governments are investing in the Arts to improve individual and community health and wellbeing as evidence grows about the cultural, social and economic benefits.

## What we offer

We know from experience that one solution doesn't fit all. That is why we offer to customise our programs to meet your unique needs. We'll take the time understand your unique story, listen to your wants and your concerns, then work with you to design a solution that works for you and your team.

## Wellbeing Workshops

We can deliver one-off workshops for conferences, festivals, conventions, health events, retreats, day spas – your imagination is the limit. Because our workshops are designed with everyone in mind, you can select workshops from our successful Writing for Wellbeing series or we can modify these to meet your unique audience's needs.

## Tailored Wellbeing Programs

We can design a Writing for Wellbeing series for your organisation that covers a variety of topics using different writing genres to appeal to a wide audience. The series can be run over weeks, months or as annual program to allow your team to participate in any or all of the workshop genres.



## What our attendees have said:

*This was an excellent introductory workshop to enable participants who have experienced grief/trauma to empower themselves through storytelling, reading subtext and re-write their story.*

*I gained an understanding of how stories tell something about ourselves and discovered through this work something very valuable.*

*This workshop demonstrates that using poetry or creative writing to tell a painful story works to share more easily with others.*

*Externalisation through folk tales made it less emotionally challenging (for me that's a positive).*



Group Workshops

## Sample Workshops

### Poetry as self-care

Poetry captures human experience making it an invaluable tool for personal growth. Explore the role of creativity within the 'ordinary', through playful curiosity, sensory reflection and the written word.

### Change your story, change your life

We can't change the past, but we can change how we see it. Learn to create fictional characters to re-imagine your future and identify positive outcomes and empowering perspectives from experiences.

### Digital storytelling for everyone

Learn to voice your own story using basic images and video including script development, selection of visual materials, voice recording, audio editing and the final production of your story.

### Problem-solving through the lens of fairy tales

Fairy tales are an innovative way to reflect on well-being through the concepts of metaphor, symbolism, intuition and hidden wisdom. Explore a range of writing and art-making activities for problem-solving through the lens of fairy tales and storytelling.

Visit our website for more options [www.createplace.net](http://www.createplace.net)



# Get in touch to see how we can assist you

Ask us to customise a workshop or program to your needs. Whether you require a one-off session for an event or a comprehensive longer-term wellbeing program, our team can tailor innovative, affordable, and fun storytelling solutions to build resilience and wellbeing for you, your team or your consumers. The program can be delivered at any time and in any place. Just ask us for a quote.

## Location

Our team are located in  
Brisbane, Queensland, Australia  
but are available to travel all over , just ask us!

## Contact Us

Send us an email for more information about our services:

[info@createplace.net](mailto:info@createplace.net)

Visit us online at:

[www.createplace.net](http://www.createplace.net)

## Createplace

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### Workshop Resources

