

## *Episode 20 – RTT Series – Stories – The Bear Clan Origin pt. 1-3*

This episode is a departure from the usual format by sharing original teaching stories. Storytelling and stories are a fundamental modality for learning. Our brains are wired to process experiences in the form of a narrative.

Telling stories builds connections between adults and children, whether the adult is the storyteller or the child. Telling stories, or listening to stories together, fosters a sense of shared experience and strengthens the therapeutic alliance. Stories engage various parts of the brain, both verbal and nonverbal, conscious and unconscious, effecting every part of the psyche.

Several Bear Clan stories illustrate coping skills, teach relaxation techniques, address problem-solving, and explore character development. Some stories aim to facilitate discussions about traumatic issues, acknowledging the challenge many children face in expressing emotions associated with negative events.

A central theme in the Bear Clan stories revolves around courage and the importance of finding balance for transformation. The values portrayed in this episode's stories draw from Native American teachings, specifically The Seven Gifts of the Grandfathers.

The episode introduces the Bear Clan Origin Story arc, drawing inspiration from a traditional Native American story called "The Boy Who Lived With the Bears." The narrative involves a child being adopted by bears after being mistreated by an uncle, emphasizing the importance of treating children with respect and love.

This episode shares the first three parts of the Bear Clan Origin Story. It is built around the Native American parable of two wolves existing within every person. In the Bear Clan version these wolves are "good" and "bad" but rather "courageous" and "fearsome."

Overall, the episode highlights the therapeutic benefits of storytelling in connecting with clients, addressing trauma, and imparting valuable life lessons.