

Narrative Walks

Narrative Walks is mixed gender and age group program. It is run on a section of the Bibbubmun track. Starting Hills Recovery Centre in Mundaring at 8:30am group participants are expected to walk 10km to the Helena Campsite where we stop for lunch and then walk the 10km return route to the starting point by 5pm.

The focus of the walk is to work on an issue that a participant identifies before they come to the walk. There is a strong focus on developing a preferred story in the walk but we also develop other skills such as externalising, mindfulness, identifying supports, emotional awareness and being present all whilst getting exercise and completing an achievement!

The Facilitators

Chris Darmody has been a psychologist working with young people for over 15 years and has facilitated and developed a number of successful groups. Chris has a passion for combining therapy with the outdoors as he feels it reduces issues of power and can be more suited to some people who may not be interested in entering a clinic. A number of co-facilitators that are not from a therapeutic background will also attend. Numbers will vary on depending on the group size.

Important Information

Participants must be willing to engage in the walk and have a medium level of fitness. A small amount of self-disclosure, to the degree each participant is comfortable, is part of the program. Lunch is provided and clients should bring their own comfortable walking shoes, water and hat. No electronic devices will be allowed on the walk. The facilitator will have a mobile phone for emergencies only.

What people have said about Narrative Walks;

"I think my mates at school would be more likely to do something like this than see a Psychologist."

"I'm interested to see where my thinking goes after the walk."

"I feel a sense of achievement from not only exploring my problem, but also walking 20 kilometres."

"It was good to hear about other people's issues and support them."

"My legs felt good until I stopped."

Please contact me if you have further queries or for an application package,

Chris Darmody