



## The Voice Sanctuary

# Individual Story Mentoring

Information Guide 2023

### Have you ever wanted to tell your own story for healing purposes?

Telling your story can be one of the most healing things you ever do.

You don't have to be an accomplished writer or artist to do it. Stories told humbly or simply are often the most powerful, and besides - the real benefit is for you.

Stories can be told in any medium, such as writing, art, craft, photography or film, to name a few.



### Where do you start?

Come on a life-changing adventure with me as I show you how to chronicle your own life in a way that provides clarity and healing. You will learn:

- § where your story originates
- § how to change your story for healing
- § how to write about your life compassionately
- § how to work through difficult aspects of your story
- § different ways to tell your story (such as words, art or film)
- § how to present or self-publish your story for an audience

Individual story mentoring offers:

- § Weekly or fortnightly sessions to discuss your story, teach you techniques and provide guidance (usually between 6 -12 sessions, depending on your needs)
- § In-person on the Sunshine Coast or via video conferencing
- § Advice for publishing or showcasing your story in various ways

## Your guide

As a professional author, book editor, social worker and person with lived experience, I offer diverse skills which can assist people in crafting their story for therapeutic benefit. I can assist you with technical advice on story structure, style and publication, as well as assist you to stay safe during the process and use the experience of telling your story as a healing and transformation tool.



I have personally used my own stories to aid in my recovery from diagnoses of schizophrenia, BPD and Dissociative Identity Disorder. I have worked with others as a peer worker, counsellor and educator in community mental health and in private hospitals for the last decade.

I am the author of *Spirit-Gnosis: Hearing Voices* (2020) and *The Little Girl that Nobody Wanted* (2013), a memoir about recovery from childhood trauma. I currently work in private practice on the Sunshine Coast. You can check out some of my writing and videos at [www.voicesanctuary.com.au](http://www.voicesanctuary.com.au)

## Funding & Costs

This program may be fully funded by your NDIS package. There is also a discounted fee available for people who self-fund. This discrepancy helps include people with smaller NDIS packages, or people on lower incomes. For NDIS participants, a Service Agreement will be provided. Prices and format can be negotiated to fit into your NDIS plan.

NDIS FUNDED / FULL FEE	LOW INCOME	WHAT IT INCLUDES
Sessions: <b>\$220</b>	Sliding scale: <b>\$100 - \$150</b>	60 minute mentoring session 30 minutes record-keeping and preparation of tuition materials for you
Reviewing time: <b>\$70/hour</b>	Reviewing time: <b>\$55/hour</b>	Reviewing your work as required, including reading time and written feedback. Costs vary from person to person, and this can be negotiated.

## Locations and dates

The individual mentoring sessions are booked privately, at a time that suits us both, and are available in person on the Sunshine Coast, Queensland, or online via Zoom video conferencing

## What next?

**Questions?** Call me on 0490 165 654

**Prefer email?** Write to me at [louisa@voicesanctuary.com.au](mailto:louisa@voicesanctuary.com.au)

**Ready to book?** Register at [www.voicesanctuary.com.au](http://www.voicesanctuary.com.au)