

Creative Interventions Clearinghouse

The Heroic Roadmap: A Personal Journey

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Purpose:

The purpose of this creative intervention is to use narrative techniques to help client's story their lives and various challenges as unfolding personal myths or adventures.

Materials Needed:

Large piece of paper, crayons/markers, craft supplies (clay, playdough, etc), figurines, client's personal photographs or tokens of meaning, Internet access

Procedures:

On a large piece of paper, draw the diagram of the hero's adventure (doing an Internet search for "hero's adventure" will produce many different types of maps to choose from). The client chooses from various materials to symbolize people and objects (e.g., photographs, miniature toys, clay, or playdough figures).

The client identifies a current problem and a symbol to portray it, and places that symbol on the map based on which part of the hero's journey it is associated with. Discuss the place in the journey that the client has identified, and ask them to clarify why they chose that point. Allow them to change their mind, if they wish.

The client chooses a movie to watch, or a book to read, that highlights the point of the journey that they identified. Discuss this experience in the next session, facilitating a deeper understanding of the client's own journey.

Process Questions and Follow-Up:

None

Practice Setting:

Mental Health Agency/Private Practice

For full article and case examples, please see Rubin, L. C. (2009). Our heroic adventure: Creating a personal mythology. *Journal of Creativity in Mental Health*, 4(3), 262-271
