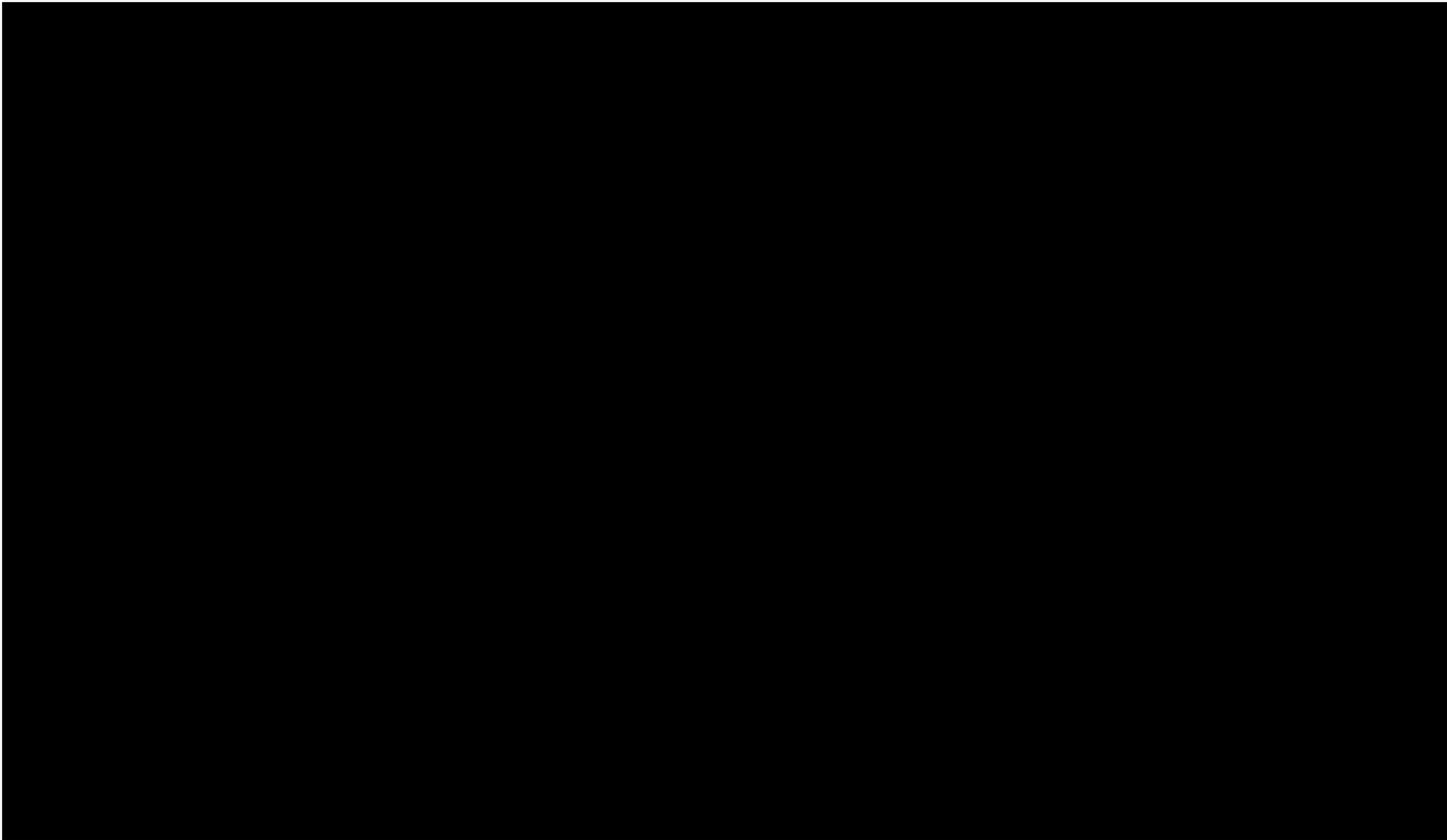


Harry, Frodo, Luke, et.al: *What the Hero's Journey Tells Us About the Path to Healing and Service*



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The Power of Myth: *Why is this important?*

- What is Mythology?
- Why is it important?
- How does this apply today in our lives and in our work?



The Hero's Journey

- 
- A sword with a wooden hilt and a silver blade, standing upright on a large rock in a forest setting. The sword is the central focus, with its blade pointing upwards. The background is a lush green forest with trees and grass. The lighting is soft, highlighting the sword and the rock.
- Hero's journey as a monomyth defined
 - What is the hero's journey, specifically?
 - How is this meaningful to us?

The Hero's Journey: *Good Conquering Evil*

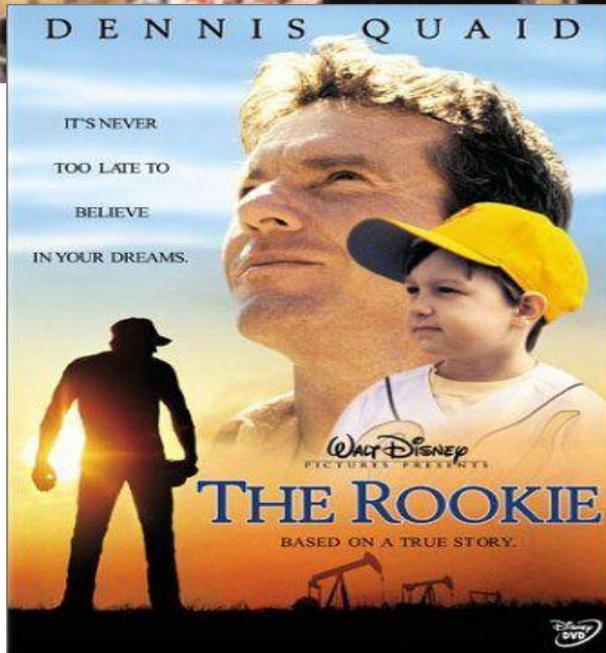
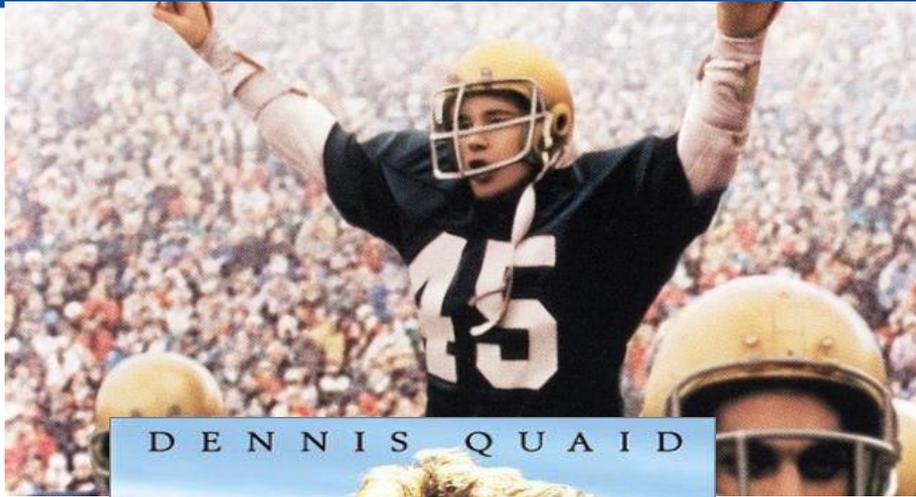


The Hero's Journey:

Greek Myths



The Hero's Journey: *Sports/Underdog Stories*



The Hero's Journey:

Marvel/DC



The Hero's Journey: *Human Service Professionals*



With Whom Do You Identify?



Departure, Initiation, Return

ELEMENTS OF THE JOURNEY



Departure: *Call to Adventure*



Departure: *Call to Adventure*

- Longing
- Upheaval/Tumult
- Pain/suffering moves us

**Questions for you.*



Departure: *Refusing the Call*



Departure: *Refusing the Call*

- Why might we choose to refuse the call?
- The consequences of refusing the call



Departure: *Meeting the Mentor*



Departure: *Meeting the Mentor*

- When the “student is ready...”
- Recognizable or not (may be antagonistic)
- Equips hero with tools and advice (support)



Initiation: *Crossing the Threshold*



Initiation: *Crossing the Threshold*

- Point of no return
- The entrance to a new world of risk/trials and reward

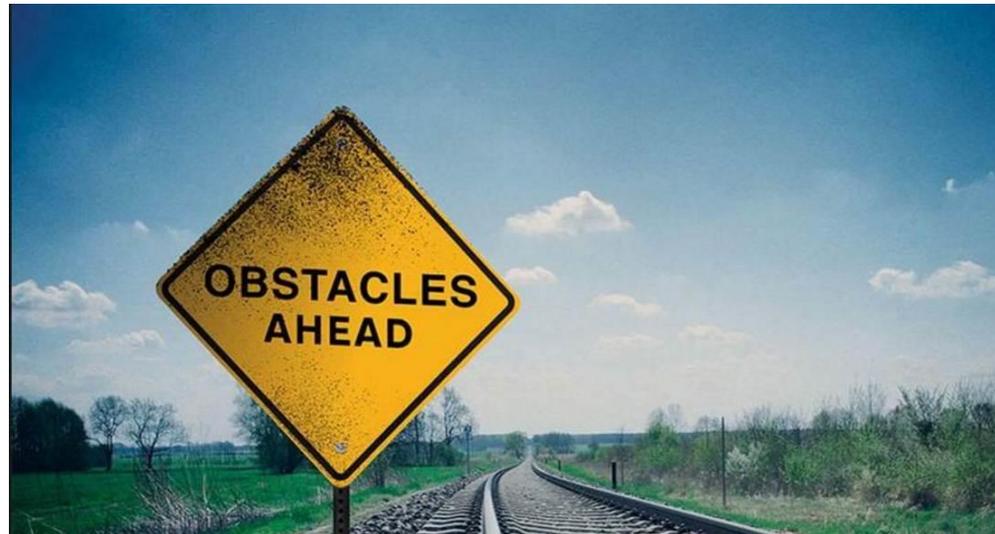


**Questions for you...*

Initiation: *The Trials*

Initiation: *The Trials*

- The crux of the hero story
- Absolutely necessary for transformation
- Forces us to find and use our tools (resilience)



**Questions for you...*

Trials: *No Automatic Matriculation*



Trials: *"Slaying" the Dragon*



Trials: *Angels in Disguise?*

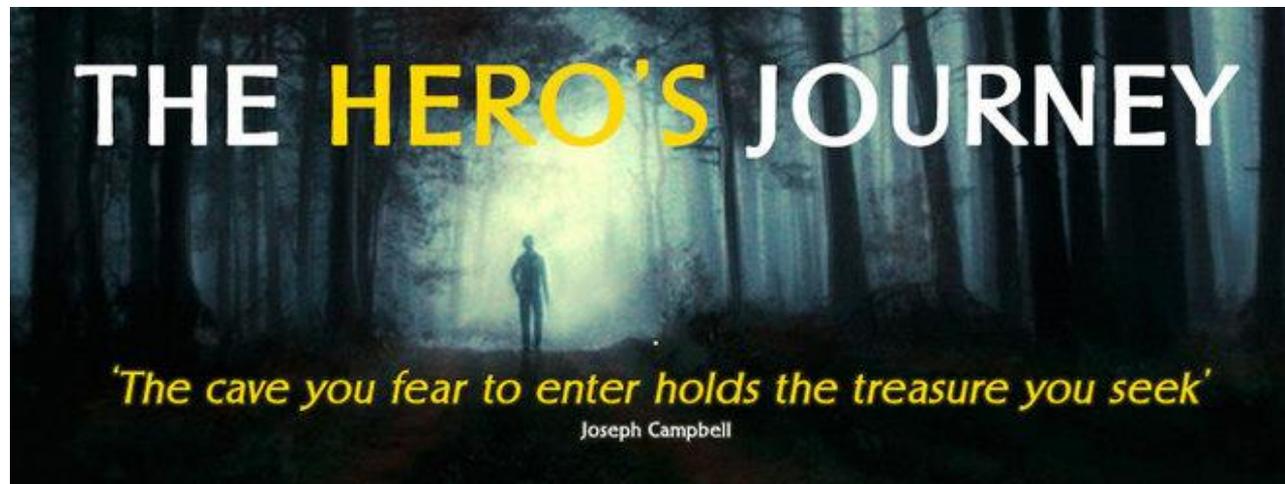


Initiation: *Retrieve the Treasure*



Initiation: *Retrieve the Treasure*

- What's the payoff?
- The tangible vs the intangible
- Not always expected or what we think it will be



The Return



The Return

- Critical and necessary element of the Hero's journey
- Not always easy or obvious (may not want to come back)
- New trials and new journeys await, but we face them with a new perspective and a new set of tools (resiliencies)



The Big Picture

- Stories are powerful...and necessary
- We are all on the Hero's journey
- The Hero's journey serves as an assessment of and template for living our lives



Potions, Shields & Weapons

RESILIENCE



Resiliency Traits/Characteristics of a Hero

- “Grit”
- Recognition that you’re not alone
- Helping others
- Failing better
- Problem-solving
- Balance
- Belief in self, belief in capabilities
- Staunch acceptance of reality
- Belief that life is meaningful. Purpose in life, in these trials?
- Ability to improvise and adapt (creativity)
- Experiencing thoughts, feelings, sensations...but not judging them
- Letting go and forgiveness (compassion and mercy)
- Hope

The Hero's Journey:

A Platform for Engagement

- Engagement vs Intervention
- Identification of the “hero(s).” To what hero or story do they relate?
- Expressive outlets (journaling, art, meditation)
- Miracle Question (identify the “treasure”)
- Humor (where appropriate)

****Stick to the story!***

GROUP DISCUSSION



Self-reflection



1. What events in your life have served as a “calling” to enter a hero’s journey? Have you had experiences where you discovered you are stronger than you previously realized? If so, what did you learn about yourself in the process?
2. Have you noticed a desire to reject the call to be the hero of your life? If so, what helps you build confidence in your ability to rise up to the challenge? What resources do you need to help you navigate these challenges?
3. What strengths have you discovered as a result of difficult life experiences? In what ways have these events resulted in positive changes in your relationships? How have they influenced a sense of purpose in your life?

The Hero's Journey

IN SUMMARY Q&A



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