



# Rewriting Your Script

changing stories to change lives

## TESTIMONIALS

### Rewriting Your Script. Weymouth. Autumn 2019

*"If you are ready for a powerful and inspiring experience which will challenge you to look again at how your difficulties may be impacting your mental health, then this course led passionately by Chris Jury, is an exciting opportunity. With his wealth of experience and knowledge Chris uses script writing, psychology and philosophy as an innovative way of helping you work through personal problems in a supportive group environment. The group I was in found it to be stimulating, exciting and rewarding, and Chris's dedication to the individual members went above and beyond their expectations."*

Sharon, Mental Health Practitioner

*"As a Mental Health Practitioner supporting group members in Rewriting Your Script each Monday. I found this course both fun and challenging. Chris's approach and delivery of this course truly connected and inspired me. You could clearly see a transformation taking place in each member of the group, as the weeks went on. This could only have been achieved through Chris's knowledge, passion and understanding of those who had become so overwhelmed throughout the years in creating mind clutter which for some, had taken over their lives, he was able to help those in attendance to gradually breakthrough this, which was not only powerful to observe, but also empowering to the individual."*

Theresa, Mental Health Practitioner

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*"Rewriting Your Script is a total game changer and Chris Jury is literally and figuratively a Shaman of Transformation. A decade spent in therapy left me with a thorough cognitive understanding of the damage caused by my dysfunctional upbringing but failed to provide me with the tools to create any real and lasting change. I arrived on the Rewriting Your Script course feeling powerless and alone, exhausted from the years spent punishing, fighting and alienating myself from the world, fated to carry on the repeated destructive patterns of my wounded Inner Child.*

*Chris could see the damage I was causing to myself by staying in denial, waiting for some type of therapy or 'new age' cure to rid me of my bad memories and 'fix' me so much that I would actually become someone else.*

*Having the themes of my life questioned and challenged through the process of writing and re-writing my personal narrative has revealed more and more pieces of a puzzle that up until joining this course I had refused to even take out of the box. I was forced to come out of hiding behind the language of therapeutic psycho -babble and step into the language of real-world action.*

*Participating on this course with Chris has given me what years of therapy have been unable to do. I am able to recognise for the first time that the negative ideas, schemas and beliefs in my life are not set in stone. I have brought to the surface repressed values and codes of ethics that will provide me with clarity of direction and best of all instead of putting my life on hold waiting to be rescued, I have become a worthy and powerful advocate for myself and know that whatever happens in my life from now on I am willing to face it."*

Hazel

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*"I didn't know what to expect when I signed up for the course. I was undergoing problems in my personal life and recent events had left me emotionally confused and I was worried that I might descend into a bout of anxiety and depression as I had on previous occasions. I had often used writing in the past as a way of helping get my head straight during times of emotional crisis. So, hoping that this course might help, I took my scrambled brain along to the library for the last 12 Tuesdays.*

*Well! I am so glad that I signed up. It has been 12 weeks of interesting, well informed and excellently presented tutorials about life, the universe and everything. Chris has obviously spent his life researching and accumulating all sorts of interesting and useful knowledge about the human mind and condition and has now kindly shared it with us. He did this in a very sensitive*

*but entertaining way, keeping our attention at all times while we took in vast amounts of information without realising.*

*The course has allowed us to explore our own and other course members' particular problems and work out ways to overcome the affect that they have on our life so that we are better able to deal with whatever comes our way in the future. This is facilitated, also, by the use of storytelling. This somehow (almost magically) helps us to channel some of our hopes and fears through the discipline of writing ,in a prescribed format, a premise for a story to be written in script form. Who would have thought it?!*

*During all our soul searching and discussions, Chris demonstrated a huge knowledge and understanding of people's predicaments and throughout the course there was a lovely Mental Healthcare Professional to intervene and lend her expertise when required.*

*I would recommend this course to anyone who needs to get their brain and emotional life in order. Actually I think I already have!"*

Ann

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*"I was rather apprehensive about attending the Rewriting Your Script course but I needn't have been! Chris is funny, driven, accommodating and absolutely determined to help each individual with any mental well-being concern. Take your pen, a notepad, your honesty and a willingness to put in some effort. You will be rewarded with a better understanding of your world and self - and maybe make some new friends in the process. I wish I'd had access to a course like this decades ago!"*

Paul

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*"I just want to say Thank You from the bottom of my heart for these past 12 weeks. You have been amazing in every way and have helped me (and I know, others) enormously.*

*I am very sad that our Mondays have finished, and I know it is going to be hard to reconcile that I am no longer going to Weymouth Library every week to sit and learn and absorb and realise so very many things.*

*I think what really helped these past weeks is that you are "real" - you have been where many of us are, and come through an awful lot, and in realising that you are not perfect and accepting who you are and allowing us to learn this also through tears and laughter and a good few "light bulb" moments - has been an amazing experience.*

*I never thought I would meet new friends, and I never thought I would get as much out of this experience as I have done - and you have helped me greatly....so, thank you."*

Virginia

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*"I know I need time to assimilate all the information and clarity I've received from the course, and to put it into action. Action having been the centre of attention for the last 12 weeks, connecting it to values and overarching themes in a way I've never understood before. Very welcome clarity. It's been a delight and a healthy and positive challenge!"*

Anne

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*"A very valuable and entertaining 12 weeks."*

Mavis

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*"Thank you so much for helping me on my life journey and for teaching me how to write a script."*

Donna

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*"Thanks for a very thought provoking and inspiring course and for all your hard work."*

Wendy

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*"Chris's willingness to go the extra mile by giving extra feedback and online support is really great and lends an authenticity to the therapy."*

Sarah

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*"The support from the rest of the group and their perspective on my main issue and the huge amount of guilt that has bogged down my brain for years, has been incredibly liberating and therapeutic in itself. And the teaching which has been extraordinarily stimulating has changed so much of my perspective in an amazing way. I feel incredibly fortunate and definitely soooooo much healthier mentally to have done this course and to have been taught by Chris."*

Debbie

*"This programme has exceeded my expectations! I have learnt so much about myself and how to accept who I am and that I do matter and that I have a strong survival instinct and to be with a group of people who truly accept you as you are is brilliant. Chris has been amazing, interesting, caring and makes us all feel that he really wants to help and the process of learning how to write a script has been intensely interesting. I have loved this course and am so sad it is ending."*

Ginny

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*"We were offered gold dust in Chris's skills, expertise and experience. His challenges through the process of script writing have brought me a far greater clarity in terms of what my values are."*

Ann

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*"My biggest problem, the 'thing' I desperately wanted to resolve has been revealed, faced up to, challenged and overcome thanks to Chris and this course. I have been in therapy for almost a decade (all different approaches; CBT, Systemic, Transactional Analysis. and Transpersonal). This course has gone deeper and quicker and been more transformative than anything I have done in the previous decade. The script technique that Chris takes you through enables you to step out of your locked-in way of thinking, out of repeated patterns of thought and behaviours, out of the washing machine head - an endless cycle of stuckness - and galvanises you into DOING. Through the doing of the script you begin doing the changes that transform your life."*

Mary

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*"Thank you so much for the humour, truth and clarity!"*

Stephen

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### **What's Your Story Leamington. January 2019**

*"The script writing process is a great way of exploring mental health issues, especially removing the 'reliable narrator'. The programme has exceeded my expectations and I am sad it has come to an end."*

Service User. Leamington Spa

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*"This programme has far exceeded my expectations. Before I was filled with guilt, anger, pain and disappointment but the programme gave me a channel*

*to release the anger and rationalise the guilt. The support and openness of attendees was incredibly valuable. Chris is a fantastic teacher who is knowledgeable, professional and empathetic. It makes a big difference to have an instructor who has had similar experiences."*

Service User. Leamington Spa

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*"Fantastic. It has proved to be a very comfortable place to learn and express. I've found some wonderful answers and insights."*

Service User. Leamington Spa

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*"This was an excellent and challenging programme. It was not what I expected but that was probably a good thing as it was much more than I expected. I have learnt so much about myself and feel empowered. I have been impressed by commitment of the tutor to the process and to us. More courses like this would be great."*

Service User. Leamington Spa

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*"This is a format that really worked for me. The approach of using script writing opens up a different form of writing to what I am used to. The discursive nature of the programme - both in questioning and understanding the script writing process and in reviewing my own script based on my issues, is essential and is quite unfrontational, with not only invaluable input from Chris and Steve, but from the other participants in the programme. I really think that this programme has helped me focus on the root cause of my mental health issues, and provided a path on what direction I can take to overcome them."*

Service User. Leamington Spa

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*"I didn't know what to expect from my first session but very quickly found it to be a very safe, supporting space. I felt free to express myself and be brave, and quite quickly felt I belonged. The story and character building was insightful and very easy to apply to my own circumstances. I didn't want the course to end. Would highly recommend to everyone" :-)*

Service User. Leamington Spa

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*"I found the programme to be insightful and engaging. Something unique and rewarding. A way to learn new skills and use them to better understand my mental health."*

Service User. Leamington Spa

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*"I came across this workshop by chance when my life was completely turned upside down. In a sense the course saved my sanity because it gave me a platform to release the negative thoughts and feelings that were troubling me so much. In the workshop from Chris to Steve to every attendee, every one was so supportive, genuine and open. We felt safe to talk about our problems because we knew we would not be judged. It was also great fun listening to Chris. His lectures were full of insights and information, never boring. As a matter of fact, I can't remember there was ever one afternoon that we could finish our discussion within three hours. Chris and Steve always prolonged the workshop for as long as we wanted. I sincerely hope that there will be more of such workshops so that more people with mental health issues can benefit from them."*

Service User. Leamington Spa

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*"I can not thank Chris enough for what he has done. He is committed to the program and genuinely wants to make a difference. In the workshop he was open about his own experiences which enabled him to quickly build a rapport with the participants and gain trust. His extensive knowledge in screenwriting and the industry as well as his wit made the lectures so lively and interesting. I dare say that I wasn't the only one who looked forward to our weekly session. The biggest breakthrough for me is that the story telling and analysing process helped me understand the myths of my thinking and beliefs. Hence I now can look at issues in my life from a new perspective. This workshop is valuable in so many ways!"*

Service User. Leamington Spa

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### **Stratford. Summer 2018**

*"Wow! Excellent! Fantastic tutor! What a brilliant 8 weeks. I now have something I love to focus on."*

Service User. Stratford Upon Avon

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*"Amazing learning and the main tutor is fantastic!"*

Service User. Stratford Upon Avon

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*"Lots to discuss and think about. Thank you so much!"*

Service User. Stratford Upon Avon

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*"I took up the opportunity of attending the Rewriting Your Script course as a challenge to myself, and it has been a truly rewarding experience. Guided by Chris's wealth of knowledge and experience, I have been encouraged to work on my original vague idea of a story and been given advice on how to see it grow into something more tangible over the weeks. The course requires perseverance and dedication to follow the writing demands but that brings with it a huge sense of satisfaction and achievement upon completing the tasks. It was a chance for me to explore the ideas in my mind and put them in a fictional setting, enabling me to decide on and take control of the outcome. The lecture part of the course is fascinating and stimulates much discussion. The benefits of learning something new are always advantageous and Rewriting Your Script aligns perfectly with the Five Ways to Wellbeing - Connect, Be active, Take notice, Keep learning, Give. Brilliant!"*

Service User. Stratford Upon Avon

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*"I think the therapeutic value of this course is huge. The tutor is so passionate, engaging and knowledgeable and the attention and guidance he gives to each member of the group has the potential to be very healing. It's fulfilling and stimulating on both an intellectual and emotional level and it's been lovely to see how engaged service users have been and how supportive the group feels."*

Mental Health Practitioner. Stratford Upon Avon

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*"Rewriting Your Script is designed and delivered with immense enthusiasm and offers Service Users the chance to engage in a stimulating and engrossing course that lets them explore their ideas, emotions and feelings in a creative and collaborative way, while working in a safe and supportive environment".*

Mental Health Practitioner. Stratford Upon Avon

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*"Rewriting Your Script has allowed service users and staff alike, to discuss personal mental health experiences and apply them to the script writing process. Chris' delivery of the subject matter is engaging and infectiously passionate. The program has massive therapeutic potential and I have*

*thoroughly enjoyed learning with service users about the script writing processes that Chris and Steve are clearly well-versed in. I look forward to seeing the outcomes of the pilot and am keen to see the program evolve according to the ever-changing needs of the service users at Springfield Mind."*

Mental Health Practitioner. Stratford Upon Avon

