

The Creative Cocoon Presents...



Stories in Motion

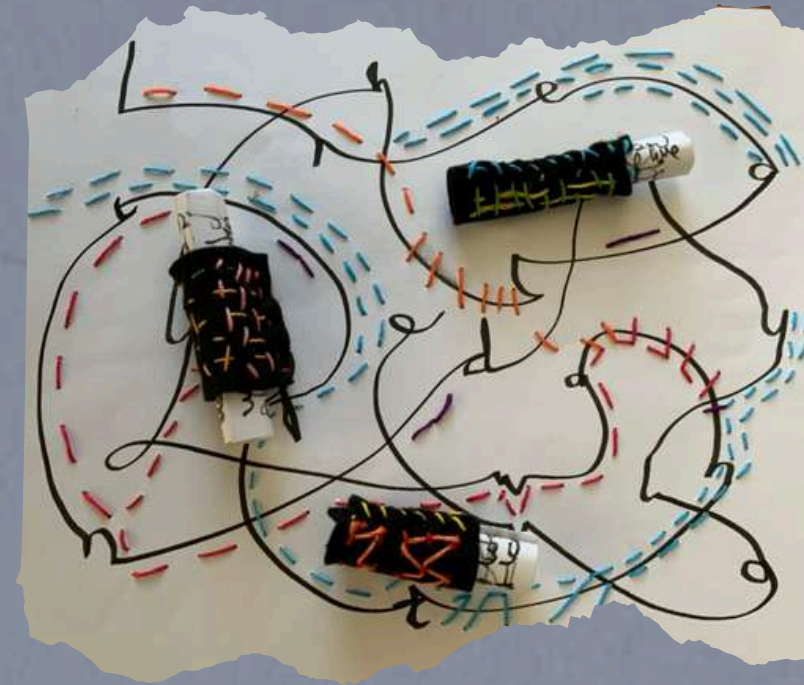
H. Fay Wilkinson

Registered Expressive Arts Practitioner

Storycatcher



≡ Pathways



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Welcome

What if the unspoken could find its voice in a new and safe way?

How might it feel to unlock the unsaid...
to let feelings take shape in a co-created story
which goes beyond a medical diagnosis?

"I'm Fay Wilkinson - Stories in Motion is a creative process using metaphor and imaginative storytelling as a way to express the here and now.

We work together to choose visuals—your own or carefully sourced—and weave them together in a co-created story, spoken by you (if you're able), and anchored in music that fits. You don't have to consider yourself to be an artist. The result is a unique, personal treasure—keep it private or share it if you wish.

If this has piqued your interest, or you're thinking of someone who would benefit please get in touch I'd love to tell you more!"

fay@thecreativecocoon.com



Play the Video





What is a Story In Motion?

A Story in Motion (SiM) is a short, personal digital story that gives voice to thoughts and feelings you may not have shared before and goes beyond a medical diagnosis.

Metaphor and imaginative storytelling will engage us in a rich story world to speak the unspoken. Together, we blend your images—or ones thoughtfully created with AI—with music and your own narration (if you're able) to create a one-of-a-kind piece that is deeply moving, meaningful, and uniquely yours.



Who is it for?

A Story in Motion is an opportunity for people living with life-shortening illnesses, mental health challenges and those navigating dementia. A SiM may also benefit Support Partners.

A SiM is a snapshot in time. It's the art of telling what can't be said. **You don't need to consider yourself to be an artist.** We'll work together at your pace. You may or may not choose to share the completed piece with others.

"Fay's sincerity, enthusiasm, great energy, insight and joyfulness inspired me and encouraged me to fully express myself of who I really am. Thank you so much to Fay for creating this great experience for me!" - MaryLou



Why a Story in Motion?



1

The process can be freeing, empowering and offer new perspectives especially in times of uncertainty or transition.



"I had the honour of experiencing all of Fay's highly skilled and intuitive abilities. My very personal story became more whole and more healing as I worked with Fay by attaching sound and visuals. " - Ernwin

2

Provide a sense of connection that validates the unspoken and expresses feelings that may be hard to share in conversation; regain control and improve mental wellbeing.



"Fay has taught me to expand my perceptions using techniques that have shown me new ways of looking at myself, my relationships, my world. I am forever transformed and forever grateful!!!" - Renee



How Does it Work?

We'll have initial conversations either in person or over zoom. You will be part of the process every step of the way as we map out the content of your Story in Motion. Then I will put it all together.

"Wow!!!!!! Fay, it's wonderful. You really elevated it to another level. I love it!!!! I am beyond thankful for you and for this beautiful piece of work you created for me" - Jenny

"I have so appreciated Fay's continued invitation to explore the heart-to-hand connection." - Ruth



CLICK TO VIEW THE VIDEO EXAMPLES

Examples of Stories in Motion



The Earl and the Robber

An original Story in Motion, set in medieval times, of a life living with Lewy Body Syndrome and Parkinson's. *8 minutes*

Ride The Wave

"This has helped in my healing process through this cancer journey that will be part of the rest of my life." *5 minutes*



An Outsider No Longer

A fairytale like story written by Marylou and narrated by H. Fay Wilkinson. *3 minutes*



Time

"This allowed me to open up in a way to show my feelings and thoughts with my family - for them to get a better understanding of what I was feeling and going through in my cancer journey." *2 minutes*



About Me



I have been working in the field for over 30 years. My Creative Cocoon Practice is in rural Ontario Canada.

COMMUNITY IMPACT



I have been Faculty and the Coordinator of the Expressive Arts Post Graduate Program at Fleming College's Haliburton School of Art and Design, awarded the Fellowship of Applied Education from Fleming College, and nominated for the Innovation and Creativity Award from the Chamber of Commerce.



Founder of the Visible Voices Open Arts Studio, a community hub for making.

CURRENT CLIENTS



As well as working with individual clients, I design and deliver in person and online programs for Mental Health Services and Brooksong Retreat & Cancer Support Centre.

ACCREDITATIONS



ieata International Expressive Arts Therapy Association

I am registered with IEATA (International Expressive Arts Therapy Association) and OEATA Ontario Expressive Arts Therapy Association.

WRITING AND SPEAKING

Published a research paper as first author in the International, peer reviewed Journal of Arts & Health. Article featured in SAGE-ING magazine. Authored a chapter in: Healing with Art and Soul, edited by Kathy Luethje. A speaker locally, nationally, and internationally, including the World Conference on Arts & Health in Australia.



About Me



... MORE IMPORTANTLY

- I am passionate about stories, mine, and others. I am a storycatcher.
- I have the privilege of guiding people to put difficult stories into a metaphorical story world using traditional and digital formats.
- I work with art-making materials as tools to encourage self-expression in an authentic way.

MY CURRENT FOCUS

- I design and deliver innovative programs for those living with life-shortening illnesses as well as those navigating mental health challenges through short, truth-full, digital Stories that we co-create.
- I continue to learn, be astonished and humbled by the people I have the privilege to work with.



I am honoured to have been called an 'Illisaiji' – someone who creates an environment where wisdom can reveal itself.

H. Fay Wilkinson

Registered Expressive Arts Practitioner, Storycatcher

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📺 The Creative Cocoon Vimeo



Frequently Asked Questions - Stories in Motion



What is the cost of a Story in Motion (SiM)?

I employ a sliding scale understanding financial pressures are very real. We will have that conversation at the beginning of our work together. I am also researching funding sources for SiM for those with financial challenges.

How much involvement does the support person need to have in the development of the Story in Motion?

Help with scheduling meetings; possibly helping with connecting to Zoom for remote meetings when necessary; and possibly being an intermediary.

Approximately how long does a Story in Motion take from start to finish?

I aim to complete your SiM in two to three weeks, sooner if needed.

Will my Story in Motion be published or shared with social media?

Only with your express permission. Your SiM is yours and you will have absolute control on who will experience the final piece.





Frequently Asked Questions - Stories in Motion

What if I have no artmaking or writing to offer, can a Story in Motion still be made?

Yes it can! Together we can select found images and I can draft words based on our conversations.

Will my face be on camera? What if I am unable to record my words?

Only images of your artwork will be recorded. There is always the option for me to record your words once you have approved what is to be said, if for whatever reason you are unable to record.

Do I need a computer and internet?

You, or your supporting partner will need access to a computer so we can connect during the process. I will do the technical stuff in terms of putting the SiM in motion!

What will I receive at the end of this process?

Your completed SiM as an mp4 file along with my gratitude for the opportunity to work with you.

How long is the finished Story in Motion?

Usually under 5 minutes.

More questions? Please email
fay@thecreativecocoon.com



Let's Connect!



the
Creative
Cocoon



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