

Introductory InnerStoryMusic® Workshop & Teacher Training (Online)

What is InnerStoryMusic®?

InnerStoryMusic is **a piano and music teaching approach** that uses **stories** focused on **emotional development** as a tool for teaching fundamental musical concepts.

Stories are widely used in piano and music education to make learning more enjoyable and meaningful for children. InnerStoryMusic builds on this practice by using therapeutic stories—stories specifically written to help children recognize their emotional world and discover constructive ways of coping with everyday challenges. This makes InnerStoryMusic not only an innovative music education approach but also an effective way to **engage students** with **low motivation** or **challenging behaviours**.

Why InnerStoryMusic?

- Therapeutic stories can help teachers engage students who experience emotional or **behavioural challenges that hinder learning**, such as excessive perfectionism, difficulty managing anger, peer bullying, or major life changes.
- Children begin to experience the piano as a means of emotional expression rather than simply an instrument to play, increasing their motivation and **concentration** during lessons.
- Students learn musical concepts such as musicality, tempo, and tonality in a more meaningful, engaging, and memorable way through stories.
- The **piano method book** Hikayeli Kolay Piyano Parçaları: Duygularımı ve Piyanoyu Keşfediyorum (Easy Piano Pieces with Stories: Discovering My Emotions and the Piano) provides teachers with practical materials for implementing the approach in their own lessons.



InnerStoryMusic is an educational approach, **not a form of therapy**. Its primary purpose is to help teachers increase student engagement and support students who display challenging behaviours during lessons. However, the emotion-focused nature of the stories may also contribute indirectly to children's emotional development.

InnerStoryMusic is **based on a master's thesis** and years of practical teaching **experience**. The master's research demonstrated that therapeutic stories reduced piano students' social anxiety, increased their motivation to play the piano and strengthened their self-expression skills.

✿ Training Content

Participants will learn how to select, adapt, and **create therapeutic stories** that respond to students' emotional needs and integrate them into piano lessons through **music performance, improvisation, and composition activities.**

This training combines practical activities, **role-play**, classroom **examples**, and collaborative **discussions.**

Before the training, participants complete a short questionnaire about the challenges they encounter in their lessons. Whenever possible, the stories and practical activities are tailored to reflect the most common needs. Participants leave with **ready-to-use activities** and **practical tools** they can immediately apply in their own teaching practice.

Although designed primarily for **piano teachers**, this training is also suitable for teachers of **other instruments** and **classroom music teachers.**

✿ Training Modules

Module 1 (2-hour Workshop)

- Introduction to InnerStoryMusic
- Understanding students' emotional needs
- Selecting therapeutic stories
- Connecting stories with musical activities

Module 2

- Working with stories told by students
- Developing empathetic listening skills
- Connecting students' stories with music activities

Module 3

- Writing therapeutic stories
- Using symbolism and metaphor
- Connecting participants' stories with music activities

Module 4

- Integrated practical activities
- Reflection and discussion
- Questions and answers

Format: Online / 4 weeks / 2 hours per week

Module 1 can be attended as a standalone introductory workshop. Participants who wish to continue can join the remaining three modules of the teacher training.



✿ Trainer

ECE DEMIRAYAK, MA
Founder of InnerStoryMusic®
Piano educator and author of Easy Piano
Pieces with Stories: Discovering My
Emotions and the Piano

If you are interested in participating, please
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