

# Exploring Narrative Approaches to Supervision

Thinking together in relationship in ways that re-invigorate professional identity

with Shona Russell

## LOCATION

Narrative Practices Adelaide,  
NADA Counselling Service,  
1 Mary St, Hindmarsh 5007  
Ph: 8340 2240

## DATES

5–6 May 2016

## COST

\$350.00

## FURTHER INFORMATION

[info@narrativepractices.com.au](mailto:info@narrativepractices.com.au)  
[www.narrativepractices.com.au](http://www.narrativepractices.com.au)

Shona has been exploring narrative practices in her work as a supervisor for many years both as an external consultant to organisations and with practitioners who have a specific interest in narrative therapy. She has a particular interest in supervision where workers experience significant distress in relation to their work which has led her to engage with ways we can sustain ourselves in work that can be difficult and complex. Shona will draw on the work of Vikki Reynolds to consider what “becomes more possible when we are able to work in accord with our ethics, embrace a spirit of solidarity, and see our collective work as doing justice”.

*Narrative approaches offer many interesting possibilities in supervision. The focus of this workshop is to explore a range of practices that contribute to a reinvigoration of professional identity, (White, M. Re- Authoring Lives) respectful ways of exploring complex concerns and challenges, and enlivening ways of creating an audience for the work people do.*

## The following specific themes and practices will be explored:

- Negotiating supervision and fostering agency– how can a context of negotiation about what supervision is be created and a context where practitioners think together in relationship be formed?
- The position we take as supervisors – addressing relations of power
- Re-storying professional identity through keeping faith with what is given value
- The rites of passage metaphor as it relates to professional identity and the co-construction of knowledge
- Alternative proposals for responding to worker distress, fatigue and exhaustion: pain as testimony – distress as tribute
- Creating audiences for re- storying professional identity
- Documents of identity – scaffolding skills and knowledges



**Shona Russell** has worked as a teacher of narrative therapy and community work for many years. She finds the intersection of therapeutic work and teaching very energising and enjoys these

explorations with workshop participants. Shona has been an active faculty member of the Dulwich Centre International programme, a Diploma course in Narrative approaches for Aboriginal people and the Narrative Teaching Partnership. A key component of Shona's work is the provision of supervision both for individual practitioners and teams. She is actively involved in rigorous reflection regarding the process of supervision and enjoys the possibilities that emerge in collaboration with others.

**Narrative Practices Adelaide** is a small, vibrant centre committed to a collaborative approach to practicing and teaching narrative therapy. It's directors are Maggie Carey, Shona Russell and Rob Hall.

Maggie, Shona and Rob have been involved in the teaching of narrative therapy and community work for many years, both in Australia and internationally.

**NPA** has its history based in the **Adelaide Narrative Therapy Centre**, which was established by Michael White in January 2008, a few months before his sad and untimely death.

From its inception Maggie, Rob and Shona joined Michael in the formation and early development of **ANTC**, and after his death they formed Narrative **Practices Adelaide** to continue this work.

## **WHAT IS NARRATIVE THERAPY AND WHAT DOES IT OFFER?**

When someone comes to see a therapist it is often because of very difficult and complex life circumstances. By the time they turn to us for assistance, they have often got to a point where they believe there is something wrong with them, and that they or something about them is to blame.

In responding to these circumstances, narrative therapy is guided by a number of foundational assumptions, including that:

- Our lives are shaped by the stories we create about them.
- Problems are not internal manifestations of a person's identity. They develop over time, often influenced by broader relations of power, such as class, culture, race, gender, and sexual identity.

The aim of narrative therapy is to help people realise that they and the problem are *not* the same thing, and to enter into a collaborative process, through which those stories which sustain problems can be exposed, and alternative, preferred stories can be identified and strengthened.

Narrative practices are far more than simply therapy 'techniques' and it takes time, practice and rigour to become adept at using them in real situations. When we first begin to engage with narrative approaches, the implications of these new ways of thinking can take a bit of getting used to. For many of us it has represented a very different way of looking at our own lives as well as the lives of those with whom we work.

Many counsellors and therapists have found that this way of approaching problems can reinvigorate their work, and provide new hope in very difficult situations. Narrative therapy gives us an alternative to blaming people for the problems they are experiencing. We can instead form respectful relationships with those who seek our help, working collaboratively to uncover the tactics of problems in their lives, and discovering ways to reduce their influence. This can be a wonderful, even joyful process!

# REGISTRATION FORM

## Exploring Narrative Approaches to Supervision

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Dates: 5-6 May 2016

**Location:** NPA, 1 Mary St, Hindmarsh 5007

**Cost:** \$350.00

**A non refundable deposit of \$50 is required with registration)**

A minimum number of participants is required to run this course. Bookings will remain open until 14 April 2016.

**Please ensure that travel bookings made prior to final course confirmation are fully refundable.**

## Indicate your payment method:

- Cheque
- Electronic transfer to NPA account
- My work will be paying for me.

*Please Note: We are not able to accept payment by Credit Card.*

- I require a Tax Invoice before payment can be made

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Organisation: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: Business hrs: ( ) \_\_\_\_\_

After hours/mobile: ( ) \_\_\_\_\_

### Cheques payable to:

Narrative Teaching Partnership

### Post to:

Narrative Practices Adelaide, PO Box 137,  
Hindmarsh, SA 5007.

### Electronic Funds Transfer to our account:

Bank: ANZ, 185 Hutt St.      BSB: 015-056  
Ac. Name: Narrative Teaching Partnership  
Ac. Number: 4916 80417

NPA is not required to charge GST for this workshop.

Please return this completed registration form to:

[info@narrativepractices.com.au](mailto:info@narrativepractices.com.au)

For further information, please contact us at the above email address

Or visit our website at:

[www.narrativepractices.com.au](http://www.narrativepractices.com.au)