

Introduction to Narrative Therapy

15 & 16 March, 2018
with Terry Callahan

LOCATION

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

DATES

15 & 16 March 2018, 9:30 to 4:30

COST

\$375.00

FURTHER INFORMATION

info@narrativepractices.com.au
www.narrativepractices.com.au

Most people have a familiarity with the impact and value of stories in daily life. Philosopher Paul Ricoeur proposes a 'narrative competence' that allows us both to tell a story and 'get' what a story is about. This two day workshop, for those who are new to narrative ideas and practices, will explore:

- **How this common ability might be unfolded in 'narrative ways of working' with problems of human life;**
- **How new, preferred stories and fresh possibilities might be crafted with those who consult us.**

This two-day experiential workshop will engage participants in reflecting on important ideas behind what is known as 'narrative therapy', and will share fundamental narrative skills, in a practice-oriented and supportive learning environment.

The workshop will invite careful reflection on:

- The creative taking up of experience through language into story
- The productive imagination involved in story construction
- Moving from 'single-storied' accounts to 'multiple stories'
- The real effects of stories in people's lives
- Finding ways in and out of 'problem stories'
- The co-construction of story with others
- Use of metaphor and externalizing problems
- Exploring a Statement of Position Map
- Exploring a Reauthoring Map
- Origins of narrative therapy: Michael White & David Epston



Terry Callahan has worked in non-government community settings in Melbourne and Adelaide for more than ten years, attending to a wide range of counselling needs, including depression, anxiety, work-related stress, and responding in

particular to community concerns about violence in families and relationships. He has engaged over the years with community education for peace, small communities development, and collaborative work with writers, artists and actors to bring forward the stories of persons marginalised in our society.

His ongoing independent therapeutic work focuses on respectful and accountable ways of assisting men to address their use of tactics of violence, abuse and control in their relationships with partners, ex-partners and children. He is also interested in assisting those suffering the ongoing effects of violence and trauma.

For more information about Terry, please visit <http://www.narrativepractices.com.au/faculty/terry-callahan>

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.

Terry Callahan joined Narrative Practices Adelaide in 2013 as a counsellor and trainer.

WHAT IS NARRATIVE THERAPY AND WHAT DOES IT OFFER?

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

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Cost: \$375.00 (A non refundable deposit of \$50 is required with registration)

A minimum number of participants is required to run this course. We will advise when this workshop is definitely confirmed. 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 Journeys

Post to:

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

Electronic Funds Transfer to our account:

Commonwealth Bank. BSB: 062-692

Ac. Name: Narrative Journeys

Ac. Number: 3229 1734

Please note: Our banking details have recently changed. Please do not use previous information.

Please return this completed registration form to:

info@narrativepractices.com.au

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

Or visit our website at:

www.narrativepractices.com.au