

Introduction to Narrative Practice

Level One Intensive

with Terry Callahan

LOCATION

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

DATES

June 3—7 2019

COST

\$850.00

FURTHER INFORMATION

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

This introduction to Narrative Practice features an energetic blend of hands-on skills and rigorous reflection that will leave participants keen to explore more. Central practices of the narrative approach (as described by Michael White) will be unfolded, along with an accessible sampling of ideas that inform the practice. This introduction is relevant for a range of contexts, including counselling, families and groups. Participants will have opportunities to 'try out' some narrative skills, engage in reflective conversations around these skills, and engage with transcripts of Terry's own therapeutic work.

This workshop will articulate key ideas that shape narrative therapy and will reference the work of thinkers who were influential in Michael White's ongoing development of narrative practices. Understandings of 'story' and a working structure of story; the idea of 'unique outcomes' and 'exceptions' and how these can be woven into a preferred story; explorations of the Landscape of Action and Landscape of Identity and the usefulness of these images in reauthoring; the skills of 'scaffolding' a conversation and Vygotsky's 'zone of proximal development'; ideas of 'relational identity' and utilising Outsider Witness practices and Remembering practices which invite persons to more richly imagine and describe their identity through, with and in the lives of significant others.

The course will explore:

- Key ideas of narrative therapy
- Locating narrative therapy in a context
- Understanding 'narrative' and how stories shape us and frame experience
- A review of the 'maps' of narrative therapy
- Externalising conversations with individuals, families and groups
- Re- Authoring conversations through rich story development
- Intentional and relational understandings of identity
- Creating an audience for preferred story development



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.

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

REGISTRATION FORM

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Cost: \$850.00 (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