



Adolescents and social media - enriching therapeutic conversations

Respectful and collaborative ways to engage and empower young people.

If accountability, collaboration and authenticity are important to you, if you are curious about exploring creative ways of working, then this workshop has been tailored for you. This interactive and practice-based workshop will allow you the opportunity to learn new innovative practices such as the use of music, writing and social media to enhance work with young people and adults. You will be exposed to Narrative therapy techniques as well as some of the theory that underpins this post-structuralist approach. You will be provided with demonstrations and the opportunity to practice these new narrative lines of enquiry and concepts. We will look at “poetics”, and creating collaborative consultant documents.

The training process, which mirrors the therapy itself, will encourage you to investigate the intentions behind your questioning, your hopes for your own working practices, and the chance to unpack stumbling blocks that may be experienced, as we explore these exciting and sustaining ways of working.

Learning objectives of this training:

1. Understand how the Narrative Therapy approach applies to issues with young people such as self-harm behaviours and anorexia and bulimia.
2. Knowledge of and skills practice in externalising language, ways of naming and deconstructing the problem and exploring values and principles that are meaningful for those who consult with us, and sustaining of them in the face of storms in their lives.
3. Explore the multi-storied nature of identity and how to access insider knowledge, double listen for unique outcomes and facilitate re-authoring conversations.
4. Techniques for thickening preferred stories through learning about co-writing narrative documents, outsider witnessing, team of life and collective narrative practice.
5. Learn about creative ways that Narrative therapy can be applied with particular reference to young people.



Rina Taub has over 20 years of professional experience as a Counselling Psychologist and Couple and Family Narrative Therapist. She has worked alongside people to define themselves away from problems and towards preferred territory, inviting individuals to live with integrity and find ways of responding in accordance with what is important to them. Rina facilitates reflective practice groups and workshops for various health and welfare agencies and has presented at National and International Conferences. She has been the convener of the ‘Narrative Theory and Practice in Psychology’ interest group of the APS since 2011.

Rina’s use of Narrative Therapy considers culture and context and allows for conversations with young people which identify and name what is missing in their lives and works alongside them to navigate difficult times and support movement towards preferred territory. Narrative therapy fosters hope, and is appreciative of diversity.

Rina has extensive experience working with young children and families in the public sector, with NGOs, consulting with schools, running groups in high schools, as well as seeing youth and their families in private practice. She enjoys supervising school psychologists, and other counsellors in a variety of youth services including Headspace. Rina provides training to intern psychologists as well as fully registered psychologists, social workers and other allied health professionals. She is committed to investing in the future of those working in the field and enjoys sharing in people’s learning journeys and storying of their professional identities. Rina values opportunities to mentor professionals in developing a framework and vision of best practice.

SYDNEY: 10th November 2017 | 1:00pm – 4:00pm (Afternoon tea included)
 UTS SHORT COURSE ROOMS Level 7, Building 10, 235 Jones St, Ultimo NSW 2007.



ACA: Members can accrue 6 OPD points



ACWA: Members can accrue 3 CPD hours



AASW: Members can accrue 3 CPD hours



PACFA: Members can accrue 3 ‘Category A’ hours

APS: Activities do not need to be endorsed by APS. Members can accrue 3 hours

This training may meet the Medicare criteria for 'FOCUSED PSYCHOLOGICAL STRATEGIES (FPS activity)'. Please check your Medicare guidelines.

Session Outline

Why Narrative Therapy with young people?

Positioning of questions – history taking vs history making.

What gets in the way of “gathering at the table” – insider vs expert knowledge with reflective questions.

Creative practice 1- example using music.

Creative practice 2- example using WhatsApp and poetics.

Example using story writing with questions for group.

Consultant collaborative document and collective practice.

Team of life.

Exercise practicing a line of enquiry (time permitting).

Evaluation and closing.

“Invigorate your engagement with young people by privileging their insider knowledge in responding to storm’s in their lives, and exploring how Narrative therapy and its creative and collaborative practices allow space for co-authoring preferred identities.” Rina Taub

How will you benefit from attending this training?

- Learn how to work collaboratively and centering young people’s voices and insider knowledges.
- Use young people’s interests and passions to engage them, explore their skills and resources in navigating storms in their lives and step them away from medicalized and totalizing accounts of themselves.
- Help to re-author and create teams of life to preferred identities and harness their knowledges as consultants to others challenged by similar struggles.

Register now at www.PDPseminars.com.au

Standard: **\$240**

Early bird: **\$190** (ends 30 days prior to event)

Students and New Graduates: **HALF PRICE**
(apply on line).

This seminar provides 3 hours for calculation of professional development points.

We accept payment by Visa, MasterCard, Amex PayPal, cheque and EFT.

A delicious morning or afternoon tea is included in all sessions.

This seminar has been designed to extend the clinical knowledge and applied skill of School Counsellors, Psychologists, Psychotherapists, Social workers, Youth/case workers, Psychiatrists and anyone working with young people and families.

Feedback for Rina’s recent training presentations:

"The workshop reminded me of my values and the way which I would prefer to work. The therapy sits very well with what type of therapist I want to be".

"I love the approach and range of questions. Will be great to apply, gentle, creative opening new avenues of healing/growth".

"Well constructed workshop. Clear, interactive. Interesting segments and sequencing".

"I liked the interaction- opportunity to participate. The amount of knowledge showed".

"Remember not to jump to the strengths/alternative story but explore and help client to get there themselves."