



Narrative Therapy; re-authoring the stories that shape realities

A full day workshop of core concepts and key skills to enrich your clinical repertoire.

Narratively oriented therapists take the position that our lives are shaped by stories. We never see the world as it is, we always see through a narrative 'lens', we give value to certain aspects of experience and neglect other aspects, we are constantly interpreting what is happening in, to and around us. It is through the stories we have about ourselves, others and life in general that we make sense of things and navigate our way in the world. And how we see the world clearly shapes how we act in the world.

People usually come to therapy when in the grip of a 'problem-saturated' story about themselves or some aspect of their lives. Working collaboratively, the therapist and client engage in a process of 'unpacking' this story and then 'reauthoring' – that is, returning to or arriving at preferred stories, noticing neglected but helpful aspects of experience, and developing more encouraging 'identity conclusions'. Of course, these must be credible and sustainable narratives that translate into preferred actions and ways of being. Narrative practitioners believe that individuals and their stories are significantly shaped by the culture or cultures in which they live. Our ideas about - and experience of - love, gender, success, decency, family, work, health, normality, in fact every aspect of our lives, are shaped by 'discourses' derived from culture.

A Narrative Therapist would therefore be very curious about what informs your thinking – and in what ways that thinking is and isn't helpful. Particular attention is

given to language for, as Heidegger said, 'all description is interpretation'. Language doesn't simply reflect reality, it creates it, and it is the conduit of culture.

In this workshop, we will explore the storied-nature of our lives – and of course our clients' lives; how these stories are formed, how identity is storied, the role of culture, the politics of social life, the practice of deconstruction and re-authoring, the use of relational language, and related topics. Exercises in dyads, appropriate journal articles and other handouts, together with ample presenter-attendee dialogue, will support your learning.

Learning objectives of this training:

1. Have a greater appreciation of, and to be able to work more effectively with, language, discourse, and social constructionist principles.
2. Understand and work with the 'normalising gaze' and the significance of power relations.
3. Work with the concept of multiple identities, identity conclusions and the externalising of problems.
4. Begin to develop the skills of deconstruction, re-authoring and mapping.
5. Enhance the skills of teasing out clients' 'insider knowing' and work more closely with clients' hopes, visions, values and commitments.
6. Become more skilled at 'talking the talk', the reflective process that creates greater client/therapist collaboration.
7. Draw on a wider range of theoretical lenses and a richer repertoire of skills.



Adrian van den Bok's discovery of Narrative Therapy some fourteen years ago, radically contributed to his practice and helped him become a much more useful therapist – and one who enjoyed his work a lot more. Over the past ten years he has had the pleasure of teaching Narrative Therapy to hundreds of students and experienced professionals. Adrian's training includes: Analytical Psychotherapy, The Psychotherapy Centre, London; Accredited Diploma in Individual Psychotherapy & Relationship Counselling, Jansen Newman Institute, Sydney; Internship Certificate (supervised practice); Master's Degree in Cultural Psychology – Narrative Studies, University of Western Sydney; Certified Focusing Oriented Therapist, the Focusing Institute, New York; faculty member, individual and group supervisor at the Jansen Newman Institute, Sydney; lecturer, Australian College of Applied Psychology; workshop leader, Centre for Community Welfare Training; supervision, coaching, counselling & psychotherapy in private practice; Clinical Member of CAPA (Counsellors And Psychotherapists Association of NSW); PACFA (Psychotherapists And Counsellors Federation of Australia) Registered, PACFA Accredited Supervisor. Adrian is a well known and highly regarded therapist, educator and supervisor.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

Conceptions of self; the encapsulated self, relational self and no-self.
The role of language, discourse and social construction in the formation of identity, problems and approaches to problems
Narrative/non-narrative distinctions.
Foucault and the normalising gaze.
The attribution of meaning. Positioning theory. Intentional states

Afternoon Session

Public representation and private testimony.
Mapping and the flow of narrative work. Re-authoring
Externalising the problem.
Interviewing the problem.
Questions and answers, reflections on the day.
Evaluation and closing.

"This seminar will introduce you to some intriguing ways of looking at people and their problems... ways that translate into happier clients and therapists."

Adrian van den Bok

How will you benefit from attending this training?

- Ability to identify and challenge many taken-for-granted truths about people, problems and the practice of therapy.
- Become keenly aware of and skilled in using language that is more collaborative, non-pathologising and ultimately more productive for your clients.
- Be able to draw on a richer repertoire of models, techniques and interventions

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback from Adrian's recent presentations for PDP:

"Everything was great – the venue is fab, lunch was divine and the presenter intelligent, engaging and knowledgeable. Very pleased, thanks!"

"What an amazingly refreshing, interactive, informative, real, enjoyable session – thank you Adrian."

Loved it, thank you so much! I got everything I had hoped for out of it. Loved the presenter – he was so engaging all the way through – again – LOVED IT!"

"The price was great; the group size is great. It was engaging real and flowed beautifully. Adrian is a natural, engaging, polite and informative educator."

"The sessions were interactive with use of whiteboard as well as power point slides. An excellent balance of information, diagrams and participation from all present."

"I thought Adrian was fabulous: warm and engaging, authentic and respectful of everyone's points of view."

"I really enjoyed the demonstrations and the practical skills of Narrative Therapy and the way attendees were engaged to participate."

"Lovely presenter – a natural engaging style. Adrian – thank you. I did not expect to get so much from this."

"This was an informative seminar. Adrian has a good interactive style that invited participant experience and knowledge and then integrated it into the concepts of Narrative Therapy. Very useful and enjoyable."

"Another thoroughly enjoyable training from PDP. Content was very relevant and presented in an engaging, genuine and useful way. Environment provide everything for comfort and sustenance."

"A treat to do so much – really enjoyed the opportunity to put theory into practice and also explore aspects of my own experience in a Narrative context. Wonderfully presented by Adrian – sensitive and very informative."

"Adrian, thank you!! These two days have been excellent. I strongly recommend this training and I'm so pleased that I have this to take back to my practice right away."