



Narrative Therapy for children and families- creating preferred stories

One practical training day incorporating the skills of a Narrative Therapy Approach.

The aim of this workshop is to give practitioners an opportunity to experience the cultural sensitivity, flexibility and responsiveness endemic to the narrative approach, which is so essential in working with children. This collaborative and practice-based workshop will explore creative ways of working with children and families that nurture preferred stories. Using teachings from Michael White and David Epston it will show participants how to “invite more than the problem” into the room and demonstrate how “Playful Approaches to Serious Problems” can shrink the problem and grow positive self-worth and family relationships. Participants will be lead through some key Narrative therapy foundation concepts based on White’s Maps of Practice (2008), presented with examples and opportunities to practice. The workshop will demonstrate how to shine a light on families’ own “know-how”, values and resources in responding to their children. It will also cover ways to move into different territories of understanding of each other and discover meaning that is less about the problem definition of a child and more about a child’s capabilities and preferred identity.

Through experiential exercises participants will learn how to 1.) externalize problem descriptions 2.) double listen for unique outcomes 3) facilitate re-authoring

conversations and 4) Recruit family members and others as an audience to thicken preferred stories of identity. The workshop will allow participants to understand the position of curiosity/ co- researcher and respectful stance which privileges insider knowledge, cultural heritage and family rituals allowing them to work more effectively with children and families.

Learning objectives of this training:

1. Explore the use of assessments and questioning that invite more than the problem into the room.
2. Think about playful ways to approach serious problems, the power of metaphor and work at children changing reputation based on David Epston’s work.
3. Develop ideas for how family members’ skills and knowledges can be elevated in therapeutic conversations.
4. Learn about Michael White’s practices around recruiting parents as witnesses to the preferred stories of their children.
5. Gain practice in Narrative Therapy inquiry via experiential exercises and role play.
6. Learn about the Tree of Life and group/collective practice.



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.

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.



ACA: Members can accrue 12 CPD points.

AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

Morning Session

Why Narrative Therapy with children?
How language can shape events into narratives of hope.
Playful approaches to serious problems.
Before you enter the room... example from assessment questionnaire.
Learning a narrative line of enquiry.
Playful practices... using Harry Potter and the City to Surf.

Afternoon Session

Considering culture and values.
Exercise recruiting family members as an audience to a preferred story.
Tree of Life and collective practice.

“Engage in playful and imaginative approaches with children and bring families to stand together against the problem, exploring how to elicit children’s values and ”wonderfulness” in the face of challenges.”

Rina Taub.

How will you benefit from this training?

- Learn to engage children and their parents collaboratively and creatively to access their family “know-how” using Narrative concepts/techniques.
- Harness playful approaches that shrink problems and create more space to co-author preferred stories of identity.
- Gain skills around recruiting parents as witnesses to the preferred stories of their children and group / collective approaches creating “teams of life” to assist children in navigating storms in their lives.

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 all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

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 children 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."