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[www.dulwichcentre.com.au](http://www.dulwichcentre.com.au)

The Bouverie Centre and Dulwich Centre Foundation present two one day workshops by

## DAVID DENBOROUGH Narrative Practices



David works as a community practitioner, teacher and writer/song-writer/dramaturge for Dulwich Centre. He is the author of *Collective Narrative Practice: Responding to individuals, groups and communities who have experienced trauma* and the editor of *Trauma: Narrative responses to traumatic experience* and *Family therapy: exploring the field's past, present and possible futures*. His recent community and teaching assignments have taken place in Palestine, Israel, Kurdistan (Iraq), Sri Lanka, Denmark, Spain, Austria, Thailand and a range of Aboriginal communities

### DAY ONE Wed 4th Sept 2013 Open Workshop/Lecture

## RECLAIMING LIVES FROM THE EFFECTS OF TRAUMA

### Introducing narrative therapy approaches and the Tree of Life

- Accessible and hopeful narrative approaches popular with those working with individuals, groups and communities who have experienced significant hardship.
- Designed for counsellors, social workers, psychologists, therapists, educators, community workers and others working with adults and children who have experienced trauma.

This workshop has been designed to introduce practitioners to key narrative principles and practices in relation to assisting people to reclaim their lives from the effects of trauma. Key concepts will be conveyed including:

- Creating a riverbank position (safe territory of identity) prior to talking about hardships
- Double listening
- No one is a passive recipient of trauma
- Saying hullo again in contexts of grief
- Externalising the problem
- And other key narrative therapy and collective narrative practices

At the same time as introducing these principles, the Tree of Life narrative approach will be shared. Enough detail will be given so that participants will be able to leave the workshop and try this methodology in their context. Originally developed to work with vulnerable children in southern Africa by David Denborough and Ncazelo Ncube, the Tree of Life enables people to speak about their lives in ways that make them stronger. It provides a forum for people to speak collectively about the difficulties they are experiencing, and to share stories and ideas about ways of responding to these difficulties. Now the Tree of Life is being used not only with children in ATSI contexts, foster care, refugee young people but also with women, families and even organisations. This workshop will include latest developments in the Tree of Life approach.

**\*\* IMPORTANT NOTE: Day One is a 50% repeat of the Day One of the Melbourne workshops presented in August 2008, 2009, 2010 & 2011.**

Prior to attending we recommend you read his book *Collective Narrative Practice: Responding to individuals, groups, communities who have experienced trauma* available at <http://www.narrativetherapylibrary.com/default.asp>

Costs? Inquiries? Registrations? <http://www.trybooking.com/CQHF>  
or see following pages



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### DAY TWO Thursday 5th Sept 2013 EXPLORING THE ART OF HEALING: LINKING NARRATIVE AND ARTISTIC PRACTICE

In his work with individuals, groups and communities, David utilises the latest thinking in relation to narrative therapy/collective narrative practice in conjunction with the written word, song, visual arts and theatre. This workshop will respond to the following questions:

- How can we bridge the fields of therapy, community work and the arts?
- How can we use folk culture as the starting point for our practice?
- How can we enable people to 'perform' their preferred stories?
- How can we transform anguish to art to social contribution?
- How can we develop ways of working therapeutically that have aesthetic and artistic merit?
- What can the arts offer to those of us who are receiving and responding to stories of social suffering?

This workshop will provide practical examples of ways of working with individuals, groups and communities including:

- written documentation
- songs of sustenance
- narrative arts therapy practices such as the Kite of Life
- forms of narrative theatre such as *Sundowner*, a collaboration with Alzheimers' Australia and KAGE Physical Theatre that is touring nationally in 2013, and the *Team of Life* which is to feature in the 2014 Melbourne Festival.

Please note, David says it is not necessary to have 'artistic talent' to practice artistically.

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INQUIRIES RE CONTENT

Ron Findlay

[ron.findlay@latrobe.edu.au](mailto:ron.findlay@latrobe.edu.au)

## **TERMS AND CONDITIONS**

The Bouverie Centre reserves the right to cancel if we do not achieve minimum participation numbers, in which case all fees will be refunded.

**Full payment must be received to reserve a place**

### **REFUND POLICY**

We do not provide refunds but you can transfer your place to a colleague if you cant attend

## **WORKSHOP INFO**

There are a limited number of free places available for indigenous ATSI workers .Please inquire if these may apply for you.

### **HOW TO REGISTER**

Enrolment can only be done online at

<http://www.trybooking.com/CQHF>

### **VENUE**

Green Lecture Theatre  
Hawthorn Campus of Melb Uni  
442 Auburn Road, Hawthorn Vic 3122

<http://www.commercial.unimelb.edu.au/lecture-theatre>

### **HOW TO GET THERE**

<http://www.commercial.unimelb.edu.au/how-to-get-to-hawthorn>

### **PARKING**

free parking on venue site

<http://www.commercial.unimelb.edu.au/Assets/Files/UMEEHawthornCampusMapLow.pdf>

### **CATERING**

Morning tea & afternoon tea are included  
Light Lunch only included.

### **TIME**

9am to 4.30pm

## **ADVANCE RECOMMENDED READING**

### **BOOK**

Collective Narrative Practice: Responding to individuals, groups and communities who have experienced trauma - by David Denborough

[http://www.narrativetherapylibrary.com/catalog\\_details.asp?ID=252](http://www.narrativetherapylibrary.com/catalog_details.asp?ID=252)

### **FREE ARTICLES** see

<http://www.dulwichcentre.com.au/articles-about-narrative-therapy.html>

### **DVD's**

Finding hidden stories of strength and skills: Using the Tree of Life in Aboriginal and Torres Strait Islander communities

[http://www.narrativetherapylibrary.com/catalog\\_details.asp?ID=255](http://www.narrativetherapylibrary.com/catalog_details.asp?ID=255)