



Academy of
Human
Development



*Dulwich Centre
Foundation*

Dulwich Centre's Series

Graduate Certificate in Narrative Therapy



VCF Pre-Approved

Our Mission Statement

We are committed to maximize the potential of our clients by offering learning experiences that are of the highest quality.

WHAT IS NARRATIVE THERAPY



Michael White, April 4th 2008

Narrative Therapy approaches which were originally developed by **Michael White (at Dulwich Centre, Australia)** and **David Epston (Family Centre, New Zealand)**.

Narrative therapy holds that our identities are shaped by the accounts of our lives found in our stories or narratives. A narrative therapist is interested in helping others fully describe their rich stories and trajectories, modes of living, and possibilities associated with them. At the same time, this therapist is interested in co-investigating a problem's many influences, including on the person himself and on their chief relationships. By focusing on problems' effects on people's lives rather than on problems as inside or part of people, distance is created. This externalization or objectification of a problem makes it easier to investigate and evaluate the problem's influences. Another sort of externalization is likewise possible when people reflect upon and connect with their intentions, values, hopes, and commitments. Once values and hopes have been located in specific life events, they help to "re-author" or "re-story" a person's experience and clearly stand as acts of resistance to problems.

The term "narrative" reflects the multi-storied nature of our identities and related meanings. In particular, re-authoring conversations about values and re-remembering conversations about key influential people are powerful ways for people to reclaim their lives from problems. In the end, narrative conversations help people clarify for themselves an alternate direction in life to that of the problem, one that comprises a person's values, hopes, and life commitments. (*Adapted from Wikipedia.*)

DULWICH CENTRE, AUSTRALIA

Dulwich Centre is an independent centre in Adelaide, Australia involved in: narrative therapy, community work, training, publishing, supporting practitioners in different parts of the world, and co-hosting international conferences. They write and publish books on narrative therapy. So much has occurred since Dulwich Centre first opened her doors in 1983! First of all, a way of working, 'narrative approaches to counselling and community work' has evolved. This way of working has not only been developed, but has moved from being a marginal approach to one that is now considered a mainstream modality in many contexts. Secondly, a 'community of ideas' and a 'community of practitioners' have grown in many different parts of the world and linked in many ways - through the ideas and practices, journals and books, narrative connections and other websites, e-lists, and workshops and conferences. So many people have contributed to these developments, in so many different ways. Throughout these developments Dulwich Centre has been, and continues to be, a place of narrative therapy, community work, training, publishing, conferences and conversation!

Dulwich Centre has an international network of narrative practitioners and has members from USA, Australia, Austria, Brazil, Canada, Japan, Mexico, New Zealand and many other countries around the world. They are consistently hearing from therapists from other places who are making links through their website (<http://www.dulwichcentre.com.au>).



COURSE OBJECTIVE

The course has been specifically designed for those who are relatively new to narrative ways of working or those who have had some exposure to the ideas and would now like the opportunity to more rigorously engage with narrative practices. It is a structured course that teaches a collective of narrative therapy techniques. It opens up a wide array of possibilities and ideas for social service workers to explore and experience new ways and practices to their work.

This therapy is now being used by therapists, social workers and counsellors in many parts of the world in a wide-range of contexts. Due to significant interest in narrative therapy in Singapore, the Graduate Certificate in Narrative Therapy offered by Dulwich Centre, Australia is brought in by Academy of Human Development (AHD) to train social workers, counsellors and people-helpers in using narrative therapy approaches to effectively help clients and people solve problems by themselves.

TRAINERS



Cheryl White is the Director of Dulwich Centre and the founder of Dulwich Centre Publications where she works as publisher, editor, training co-ordinator, conference host, and initiator of projects. Cheryl is the co-editor of various books, including *Conversations about gender, culture, violence & narrative practice: Stories of hope and complexity from women of many cultures*. More information about the work of Dulwich Centre Publications can be found in the book *A community of ideas: Behind the scenes*. Cheryl is particularly interested in finding ways to support the work of practitioners in difficult and challenging contexts. She has recently launched the Dulwich Centre Foundation which is vitally interested in the interface between narrative therapy and work with wider groups and communities.



David Denborough, co-founder of Dulwich Centre Foundation, works as a writer/editor for Dulwich Centre Publications and community practitioner and singer-song writer for the Dulwich Centre Institute of Collective Narrative Practice. He is the editor of five books: *Beyond the Prison: Gathering dreams of freedom*, *Family therapy: exploring the field's past, present and possible futures*, *Queer Counselling and Narrative Practice*, *A Community of Ideas: Behind the scenes*, and *Trauma: Narrative responses to traumatic experience*. His writing about work with young men in relation to issues of violence has been published here in Australia and in the USA and he has offered keynote addresses at a range of conferences.



Carolyn Markey has considerable experience and great interest in counselling children, young people and their families or caregivers in relation to a broad range of problems that are affecting their lives. She has particular experience in the areas of family separation, effects of violence and abuse, school-related difficulties and working with people affected by concerns about anxiety or depression. Carolyn also enjoys using narrative ideas in group settings where people come together to talk about similar issues they are facing. These have included groups in which people wish to talk about sole parenting, living with the effects of violence and abuse, or groups of men wanting to take responsibility for abusive actions. Carolyn also has considerable experience supervising other practitioners in narrative therapy.



Chris Dolman values and enjoys working with individuals, couples, children and families who are responding to a broad range of problems and concerns in their lives and relationships. Chris works both in private practice and for a non-government organisation. In addition to having considerable experience in working with people facing issues of violence and abuse, he has worked with people around family separation, parenting, grief, addictions, mental health concerns and relationship matters.



John Stillman is a Licensed Independent Clinical Social Worker who works with children, adolescents, adults and families from a collaborative, competency-based and Narrative approach. He went through intensive training at the Philadelphia Child Guidance Clinic and is a member of the first International Diplomat Program in Narrative Therapy. He has done local and international workshops, as well as taught at various Universities.



Lisa Johnson is a psychologist who has great interest in counselling children, young people and adults in response to a range of concerns or problems. Lisa has worked in a number of roles in community based organizations and schools, recently joining Dulwich Centre in private practice. Much of Lisa's work has been in supporting women, children and young people -especially around the effects of trauma and violence, mental health concerns and grief. Lisa has also enjoyed and appreciated the work she has done to support children and families effected by disabilities.



Sekneh Beckett lives in Sydney, where she is part of the teaching team at Macquarie University's Social Health course. Sekneh enjoys working with people from diverse backgrounds and holds a position of curiosity from which to explore and honour people's creative acts of resistance.



Angel Yuen is a school social worker in Toronto and private therapist in Durham region using narrative approaches with children, young people, families, couples and also in supervision and teaching. Over half of her work is with people who have experienced significant trauma. Angel is a member of the Dulwich Centre team in Adelaide, Australia for their International Narrative Therapy and Community Work Program and also their Responding to Hardship International Training Program.

LEARNING OBJECTIVE

Within these **5 standalone modules**, participants will engage with the following maps/methods of narrative practice:

- 1) Externalising conversations: the person is not the problem, the problem is the problem.
- 2) Re-authoring conversations: telling our stories in ways that make us stronger.
- 3) Outsider-witness practices: linking lives and the use of audiences.
- 4) Re-remembering conversations: considering the memberships of our lives.
- 5) Alternative storyline: listening and richly describing alternative storyline.
- 6) Documenting change: the use of letters, certificates and collective documents.
- 7) The Tree of Life: an approach to working with vulnerable children.

TARGET PARTICIPANTS

Practitioners in the social service field who are working with individuals, families, groups and/or communities. The workshop will be relevant to those working with children and/or adults. It will be appropriate for social workers, welfare workers, counsellors, therapists, psychologists, and anyone else who is interested in working with the stories of the lives in people.

COURSE OUTLINE

Module 1: Introduction to Narrative Therapy

This module will provide an overview of narrative therapy practices. Stories of therapeutic conversations, videotapes, transcripts and therapeutic letters will be shared that relate to work with adults, children and families. Detailed descriptions and illustrations of maps for narrative practice will be given.

Many opportunities will be provided during the four days for participants to develop their own skills in narrative questioning through training exercises. We have found this to be particularly helpful in order for participants to then be able to use narrative practices in their own social service context.

Module 2: Narrative Therapy with Couple Relationships

Working with couples in therapy can be very challenging for social service workers. There is often a lot of emotion involved and the worker is frequently placed in the middle of it. Unlike working with families there is an option that the couple will separate, which increases the stakes. The partners also have different histories, different expectations, and often children are part of the picture. All of these factors make working with couples challenging and practitioners are continually looking for new approaches, perspectives and ideas on how to best address this work. Couples are also looking to have a different experience than they have had in their conversations at home.

The module will address the importance of intentionality and perception in relationships. It is often the case that when there is clarification of their partner's intentions, values, hopes, principles and commitments, couples can overcome their differences. The module will focus on specific ways to bridge the divide that occurs between a partner's actions and the meaning that these actions represent. Recent developments in narrative therapy will be utilized to specifically address the challenges of couples therapy. "Repositioning", for example, is an approach utilized to structure a session so that one partner is prepared to hear the other partner's concerns in a different way. Repositioning offers the possibility for new understanding about the intentions underlying their partner's actions. From this experience, further steps can be taken in their relationship.

At this workshop participants will learn how to:

- apply narrative therapy to working with couples;
- focus on intentionality and bridging the gap between actions and their meanings; and
- learn and practice "repositioning" to open up new possibilities to couples in conversation.

Module 3: Creative Narrative Practice with Children, Young People and their Families

This module will introduce practical and creative ways of working with children, young people and families from a narrative perspective. The module will include explorations of the following:

- Key ideas of narrative therapy, including a review of some micro maps of narrative therapy.
- Ways to facilitate engagement, and honour resistance with children and young people.
- Externalising practices as a gateway to imaginative and creative responses to problems.
- Ways of inviting audiences to support alternative stories for children and young people.



Teaching will include structured exercises and discussion, and examples and transcripts from the facilitators' current work. To support skills development, participants will be offered many opportunities for structured and supported practice.

Module 4: Narrative Ways of Working with Groups and Communities

This module will provide an overview of how narrative ideas can be used within groups and communities as follows:

- Teaching about key principles and concepts in relation to collective narrative practice.
- The introduction of a range of easy-to-engage with methodologies including: The Team of Life; Collective narrative documents; The Kite of Life; Songs of sustenance; Enabling contribution through definitional ceremonies; The Tree of Life: The river of memory, river of dreams; Collective timelines and others.
- The sharing of stories and songs about hopeful work from Singapore, Australia, Palestinian Territories, Southern Africa, and elsewhere.
- The creation together of a collective document and song during the workshop; and the holding of a ceremony in relation to these.



Attention will be paid to the politics of experience and what it means to bring a feminist and collective perspective to our work as practitioners.

Special considerations will be given to ways of responding to groups and communities who have experienced significant trauma.

Module 5: Narrative Therapy in Responding to Trauma

The narrative approach suggests that we all have stories about who we are and it is through these stories that we make sense of life. Anyone working with stories of trauma would be familiar with statements such as "I'm messed up" or "He's damaged". Modern discourses of victim hood, which are often present in instances of trauma can contribute to establishing these sorts of long-term negative identity conclusions and trauma stories. However, focusing on people's responses to trauma can provide hopeful and helpful possibilities to creating rich alternative stories. For example, people respond in ways to comfort and/or protect themselves or others. In addition there are many acts of resistance, places of safety and other skills of living that can be discovered in therapeutic conversations. These kinds of enquiry have been effective and important in not re-traumatising people when talking about their experiences of trauma.

Throughout the workshop there will be an exploration of hopeful possibilities to working with people who have experienced recurrent trauma (including abuse, violence, loss and injustice). In this module, participants will learn the following:

- How to respond to children, young people and adults who have experienced trauma with a focus on what Michael White refers to as 'restoration of a sense of myself'.
- About the importance of second storyline development in conversations with children, adolescents and adults who have been subject to abuse/trauma.
- How to doubly-listen to the story trauma and also the story of how the person responds.
- How to discover people's responses to trauma, and then how to build upon responses to lead to rich story development.
- How to map and engage in re-authoring conversations which move Trauma Identity stories to Preferred stories of people's live and identities.

The module will include an overview of narrative therapy practices of responding to trauma while using experiential exercises, case examples, video illustrations, and sharing the 'micro maps' of narrative practices.

CERTIFICATION ASSESSMENTS

3-Day Oral Presentation for Certification Assessment	This involves participants making a presentation of their work to other participants and in front of faculty member who will assess and provide detailed feedback.
Written Project	Completion of 5000 word paper describing the use of narrative practices in their work.
Reading and Writing Programme	10 selections of articles that participants read and write reflections to. They then receive responses from tutors on their reflections.
Supervision on tape	1 tape supervision.
Consultations	2 phone/Skype supervision consultations.
Group supervision	1 group supervision session.

AWARD

Participants who successfully complete any of the stand-alone modules will be awarded a Certificate of Completion by Dulwich Centre, Australia for each module they took.

Participants who successfully complete the full certificate with assessment will be awarded a Graduate Certificate in Narrative Therapy by Dulwich Centre. They will be recognized by Dulwich Centre as Narrative Therapists.

APPLICATION

Application Package must include the following items:

- Completed application form.
- Make payment via cheque (by mail to address below) or Cash/NETS (at our office).

Send the application package to:

Academy of Human Development Pte Ltd
37 Middle Road, #05-00 Uweei Building
Singapore 188946

ENQUIRIES

For enquiries, please contact:

Gina Goh / 6593 5283 / ginagoh@ahd.com.sg
Wendy Teo / 6593 5287 / wendyteo@ahd.com.sg
Fax: 6223 8667, Website: www.ahd.com.sg

Terms & Conditions

There will be no fee refund for cancellation/withdrawal made less than 7 days prior to course commencement and after course commencement.

Upon registration, any cancellation/withdrawal on the participant's/company's part less than 7 days of course commencement will be subject to a cancellation charge of 30% of course fees to be borne by the participant / company.

The organizer reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

Cancellation charges will not apply in the event AHD cancels the workshop.

The organizer reserves the right to change the location of the training venue as it deems fit for purpose of the training.