

systems + stories

NARRATIVE THERAPY FOR MEANING MAKING AND CHANGE

This two-day workshop will provide participants with key skills in Narrative Practice including practical clinical skills that can be used immediately with individuals and families (children, adolescents, adults and older persons). Participants will consider the relevance of Narrative Practice in their work setting, and applications relating to the context of trauma, relationships, and grief and loss. Participants will consider how to “tread lightly” but effectively with Narrative Practice.

Course Outline:

In this course participants will develop an understanding of:

- What Narrative Therapy is
- The Systemic Family Therapy context of Narrative Therapy
- Assumptions underpinning Narrative Practice
- The importance of stories in our own lives and the lives of those we work with
- Therapist positioning in Narrative Therapy

Participants will develop skills in:

- Externalising Conversations
- Reauthoring conversations, including
 - Absent but Implicit Conversations
 - Unique Outcomes Conversations
- Thickening alternative storylines to amplify change, including
 - Remembering conversations
 - Outsider witnessing
 - Therapeutic documents
- Working with the Landscape of Action and Landscape of Identity



Presented by: Dr Leonie White a Psychologist and Clinical Family Therapist with 20 years experience including work with children, adults, families, foster families, residential care providers, teachers and other therapists, in Health, Education, and Child Protection Services as well as in the Non-Government sector and Private Practice. Currently Leonie provides psychotherapy and counselling with a special interest in Mental Health, supporting young people and their families/carers with emotional, behavioural, social and family difficulties. Leonie also provides psychotherapy and counselling services for adults, couples and families. Leonie specialises in providing Clinical Supervision to other helping professionals. Leonie is the Co-Director of the Queensland Institute of Family Therapy, works in Private Practice (Supervision, Group Supervision, Training) and is a member of Staff at the Queensland University of Technology.