

COUNSELLING & CLIENT WORK COURSES

NARRATIVE THERAPY

Course overview

This training program will provide participants with an understanding of Narrative Therapy (NT) and the application of this approach to a range of client issues.

Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

DURATION: 1 Day

FEE: Varies depending on venue, sector, numbers & service provided

IN-HOUSE TRAINING: By arrangement with your organisation

CUSTOMISED TRAINING: To meet the specific requirements of your service and sector

VENUE: Available **Australia-wide** including remote & regional areas

Discounts for NGOs

Course content

- An overview of Narrative Therapy, developed by Michael White and David Epston, and the current evidence base for this approach.
- The application of this approach to a broad range of client issues (e.g. anxiety, depression, trauma).
- The underlying assumptions of NT: we use stories to make sense of our lives, and the stories we tell ourselves impact on our lives and self identity
- How the types of stories (e.g. past, present, future), the effect of dominant stories and alternative stories, the 'thin & thick' descriptions and their effects, meanings, constructs, and the social context of stories impact on clients – both positively and negatively.
- The NT framework, theory, practice, underlying principles and techniques including: externalising conversations, re-authoring stories, a curios stance, alternative stories, reframing the problem, developing a preferred future.
- The NT approach takes a respectful, non-blaming stance, views problems as separate to people, and assumes clients have many strengths and skills which can be applied to dealing with problems in their lives.
- The stages of the NT counselling process and typical steps within sessions; the role of the counsellor in working with the client.
- The strengths and limitations of the NT approach.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

Contact us for an obligation free quote!

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