



Introduction to Narrative Therapy

with Mr Fareez • \$1300 • Nov 27-29

Changi Katong Village Hotel

Your Speaker

Fareez has had extensive experience in the social service sector where he has been practicing Narrative Therapy for 18 years.

Course Brief

Based on the work of Michael White and David Epston, Narrative Therapy involves understanding the stories of people's lives and re-authoring their stories collaboratively between the therapist and the people whose lives are being discussed. Are you looking for hopeful, effective and respectful ways of working with those who have mental health problems? Have you wondered what Narrative Therapy might look like in a mental health setting or when working with those with mental health problems? Then this workshop will offer clarity and inspiration for you.

For more information

Call Andrew: 9820-0904 or Ian: 9830-8401
Email: admin@theselnetwork.sg

Register for a course at
www.theselnetwork.sg

Session Key Concepts

- An Introduction to Michael White and David Epston - founders of Narrative Therapy
- An Introduction to Externalization of the Problem: Where Person is Not the Problem, the Problem is the Problem
- A Discussion of Therapeutic Posture for Narrative Therapy
- Re-authoring Discourses
- Maps of Narrative Practices: Landscape of Action and Landscape of Identity
- Re-membering conversations - helping clients reconnect with supportive friends and family
- Case study analysis
- The Club of Life
- Outsider Witnesses - helping clients feel validated, supported and empowered by their own narratives
- Definitional Ceremonies
- The Absent and Implicit