

Brief & Narrative Therapy Certificate Program

With Karen Young, M.S.W., R.S.W.

This 5-day training program offers participants the opportunity to deeply explore the many exciting ideas and practices that inform narrative therapy. Narrative therapy is an excellent fit with both longer-term therapy and with time-sensitive services as it assists in creating an immediately impactful and useful conversation. It brings a philosophy and practice that attends to social justice, is competency-focused and works with people in respectful, curious and collaborative ways. The aim is to make the most of every single session providing therapeutic conversations to people when they need it. It is based on the principle of “when all the time you have is now,” therefore promoting the facilitation of a meaningful, novel, and inspiring conversation.

30 hours of thorough examination of Narrative Practices presented in clear usable ways that can be taken into everyday therapeutic practice.

Participants will learn:

- Foundational theories that inform narrative therapy such as postmodernism and feminism and how these inform a socially just practice
- Why and how narrative practices inspire therapeutic work that makes the most of every session
- How to practice with a more intentional curiosity that shapes effectively word crafted questions
- A uniquely detailed guideline for therapy conversations that can be used in any setting—walk-in, brief, short or longer- term work, and with any presenting concern
- How to develop questions that invite new perspectives on the problems that affect people’s lives
- A new way of listening to people’s stories that is a ‘multi-story listening’ skill
- How to listen and ask questions in new ways that discover detailed stories of people’s knowledge, skills, qualities and values
- Questions to respond when people present in “crisis” and when struggling with suicidal thoughts and a sense of failure
- How to respond, even in very brief contexts, when people are suffering from the effects of trauma
- Knowledge of a broad range of applications for witnessing practices including how to use a repositioning practice that changes how clients listen to each other in therapy sessions

- Ways to create useful session endings that keep new realizations happening into the future
- How to practice “one-session-at-a-time therapy” where each session has a clear beginning, middle and ending
- Skill in the use of narrative practices in brief settings such as single-session and walk-in clinics and in longer-term work as well
- What clients have reported in research about what is meaningful and useful in therapy

Recordings and transcripts of sessions will be used to demonstrate the ideas and practices. Practice exercises will be included to develop participant’s skills.

Participants will receive a Certificate of completion for 30 hours of training