

Introduction to Narrative Therapy

With Karen Young

This practical workshop will offer you an introduction to the key ideas and practices of narrative therapy in clear, useable ways that can be taken into your everyday work in any setting.

Karen is well known for her ability to translate the complexities of narrative practice into understandable language. She will offer you an overview of the fundamentals of foundational theories that support narrative therapy, and practical applications that you can use immediately in your work. Guidelines with specific examples for developing questions that will enhance your ability to create useful conversations with clients of any age and any presenting issue will also be reviewed. You will leave with ideas that can be used within a narrative practice or enrich other practice approaches.

This workshop will address the following areas of learning:

- Key ideas and assumptions that provide the foundation for narrative practice
- Re-energizing curiosity so you can ask unique and interesting questions
- How to engage with people in externalizing conversations that de-pathologize
- Making use of intentional questions that unpack problem stories
- Finding and developing stories of people's knowledge, skills, qualities and values
- Co-developing meaningful session endings that sustain new realizations