

The Brief & Narrative Therapy Summer Intensive

15 hours of in-depth training

Learn how to “make the most of every session”

This training program offers participants the opportunity to deeply explore the many exciting ideas and practices of brief narrative therapy. Narrative therapy is a perfect fit with time-sensitive services, as it creates the possibility for useful, impactful and deeply meaningful therapeutic conversations. It brings a philosophy and practice that attends to social justice, is competency-focused, and works with people in respectful, curious and collaborative ways. Regardless of whether the therapy duration is one or many sessions, what matters is that the therapist has the knowledge and skill to make the most of every single session.

15 hours of thorough and inspiring training in Brief Narrative Therapy presented in clear, practical ways that can be taken into your everyday practice.

Participants will learn:

- How foundational theories that inform narrative therapy, such as postmodernism and feminism, can 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 detailed guideline for therapeutic conversations that can be used in any setting—walk-in, brief, longer-term work, and with any presenting problem
- Questions to respond when people present in “crisis” and when struggling with suicidal thoughts, the effects of trauma, and with a sense of failure
- How to develop questions that invite new perspectives on the problems that affect people’s lives

- To listen and ask questions in new ways that discover detailed stories of people's knowledge, skills, qualities and values
- 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

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 15 hours of training.