

# Content of the Trainings

## 6 HOUR TRAINING EXPERIENCE

### Participants in the workshop will learn about:

- How to co-develop a useful and meaningful focus for the conversation
- Ways to engage people in conversations that are both respectful of and shifting of their ways of thinking about the problem
- How to see “away-from-the-problem” stories quickly
- A conversation guideline for time limited therapy
- How positioning family members as witnesses creates new opportunities
- Developing detailed, rich stories of people’s values, skills and abilities
- Taking in-session notes that create take-home documents for people
- How to keep the new discoveries happening outside of the session

**Some recordings of sessions will be used to demonstrate the theories, guidelines and practices. Two useful practice exercises will be included to develop participant’s skills in brief therapy.**

## 12 HOUR TRAINING EXPERIENCE

### Participants in the workshop will learn about:

- Clear understandings of how to enrich your practice through adopting post-structuralist philosophy and guiding assumptions
- Pre-session questions that begin to shift meaning and create change
- How to co-develop a useful and meaningful focus for the conversation
- Ways to engage people in conversations that are both respectful of and shifting of their ways of thinking about the problem
- How to see “away-from-the-problem” stories quickly
- A conversation guideline for time limited therapy
- Ways that therapists can guide conversations that create new concepts for people consulting us
- How positioning family members as witnesses creates new opportunities
- Developing detailed, rich stories of people’s values, skills and abilities
- Taking in-session notes that create take-home documents for people
- How to keep the new discoveries happening outside of the session
- What people who consult us tell researchers about what is useful and meaningful in therapy

**Some recordings of sessions will be used to demonstrate the theories, guidelines and practices. Two useful practice exercises will be included to develop participant’s skills in brief therapy.**

## 18 HOUR TRAINING EXPERIENCE

### Participants in the workshop will learn about:

- Clear understandings of how to enrich your practice through adopting post-structuralist philosophy and guiding assumptions
- Pre-session questions that begin to shift meaning and create change
- How to be curious, listen and ask questions that create immediate movement
- How to co-develop a useful and meaningful focus for the conversation
- Ways to engage people in conversations that are both respectful of and shifting of their ways of thinking about the problem
- How to see “away-from-the-problem” stories quickly
- Socially constructed genograms to get to know the person(s)
- A conversation guideline for time limited therapy
- How narrative practices address relationship (attachment)
- How understandings from neuroscience support particular narrative practices
- Ways that therapists can guide conversations that create new concepts for people consulting us
- How positioning family members as witnesses creates new opportunities
- Developing detailed, rich stories of people’s values, skills and abilities
- How to listen for the absent but implicit in people’s words and actions
- Taking in-session notes that create take-home documents for people
- How to keep the new discoveries happening outside of the session
- What people who consult us tell researchers about what is useful and meaningful in therapy

**Some recordings of sessions will be used to demonstrate the theories, guidelines and practices. Two useful practice exercises will be included to develop participant’s skills in brief therapy.**

Interested in learning more about  
our customized online trainings?

Contact us today to see how we  
can develop an online training for  
your team/organization!

# 30 Hour Certificate Program in Brief & Narrative Therapy



## **30 Hours** of thorough examination of Brief & Narrative Practices presented in clear, useable ways that can be taken into everyday therapeutic practice

The 30 hour Certificate Program offers participants the opportunity to fully explore the many exciting ideas and practices that inform narrative therapy. This training experience with Karen will include thorough examination of narrative ideas and practices, presented in clear usable ways that can be taken into everyday therapeutic work in any setting with any presenting problem.

### **Participants will learn:**

- Ideas and practices that will make it possible to take narrative therapy into their everyday work.
- How to make the most of every session that they spend with clients creating change more quickly
- Clear understandings of how to enrich their practice using postmodern theory from Foucault, Vygotsky, Bruner, James and van Gennepe.
- How specific ways of being curious can create more useful and meaningful therapeutic conversations within any therapy approach.
- 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.

- A broad range of applications for witnessing practices including how to use a powerful repositioning practice that changes how clients listen to each other in therapy sessions.
- Skill in the use of narrative practices in brief settings such as single session and walk-in clinics and in your longer-term work as well.
- What clients have reported in research about what is meaningful and useful in therapy.

**Karen's training is ideally suited for therapists, counsellors, social workers, law enforcement professionals, college and university staff & students, faith groups and other mental health care providers working in hospitals, schools, police services, walk-in clinics or private practice where engaging in meaningful conversations with your clients is a priority.**