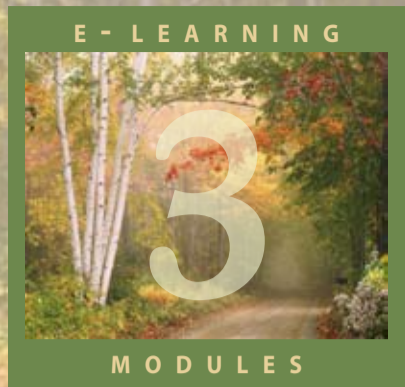


Welcome to NPCI Continuing Education Credits



Narrative Practice and Collaborative Inquiry Study Group

www.reauthoringteaching.com

Continuing Education Credits: 18

Cost: \$160 (18 CE credits total) for Modules 3A, 3B, 3C

Note: Module 1 is a prerequisite for earning CE credits through other modules

To register for Module 3, go to reauthoringteaching.com/to_register.html

Narrative Maps

Each section of this module highlights two narrative maps for guiding therapeutic conversations into new territories:

Module 3A

- Externalizing conversations
- Re-authoring conversations

Module 3B

- Outsider witness practices and definitional ceremonies
- Re-membering conversations

Module 3C

- Conversations that highlight unique outcomes
- Scaffolding conversations

Peggy Sax, Ph.D., guides this learning module within the NPCI Study Group.

NPCI E-Learning Module 3

Narrative Maps

"Maps like these shape a therapeutic inquiry in which people suddenly find themselves interested in novel understandings of the events of their lives, curious about aspects of their lives that have been forsaken, fascinated with neglected territories of their identities, and, at times, awed by their own responses to the predicaments of their existence. And I believe that maps like these shape a therapeutic inquiry that contributes to the rich development of therapists' stories about their work and about their lives generally, which can be a source of inspiration. This has certainly been true for me."

Michael White, Maps of Narrative Practice, pages 5-6 (2007)

Overview

Narrative explorations are like journeys with therapists as companions, guided by a range of maps. These journeys awake in people a sense of agency, a realization that they can actively shape their own lives. Throughout the Narrative Practice and Collaborative Inquiry Study Group, members have multiple opportunities to study and apply particular narrative maps to their unique work settings. Members apply skill development to specific settings such as "working with families with young children," "working in hospital and psychiatric settings" or "independent practice." Through online posts and scheduled video conferencing, guest authors will respond to our questions and reflections about narrative maps. As an integral part of the study group format, this interactive approach to collaborative inquiry substitutes discussion questions for the traditional CE quiz. Please read below for further details.

We are delighted to welcome Shona Russell and Maggie Carey as guest authors for the entire Module 3. Additional guest authors include: Peggy Sax (Module 3A), Chris Behan, Lorraine Hedtke (Module 3B) and Mark Hayward, Jim Duvall and Karen Young (Module 3C).

Two books are required for this E-Learning Module:

1 *Maps of Narrative Practice* – Michael White (2007)

2 *Narrative therapy: Responding to your questions* – Shona Russell & Maggie Carey (2002).

Module 3A

Externalizing conversations







Re-authoring conversations

Module 3A begins the exploration of maps of Narrative Practice

“Externalizing conversations” are based on the principle “The person is not the problem; the problem is the problem.” We study how this map orients us to shift focus towards 1) identifying contexts that either encourage certain problems to thrive or diminish their influence, and 2) the resources, skills and knowledges that people had in relation to dealing with the problems in their lives.

“Reauthoring conversations” invite people to link some of the more neglected events of their lives in sequences through time to recreate an alternative story line based upon their preferred ways of being. Reauthoring conversations invite people to link some of the more neglected events of their lives in sequences through time to recreate an alternative story line based upon their preferred ways of being.

Readings

-  **“Externalising conversations”** -- Michael White: Ch1 in *Maps of Narrative Practice*
-  **“Externalising: Commonly asked questions”** -- Maggie Carey & Shona Russell: Ch 1 in *Responding to your questions*
-  **“Deconstructing perfectionism: Narrative conversations with those suffering from eating difficulties”** -- Shona Russell. (2007)
-  **“Re-authoring conversations”** (Michael White: Ch 2 in *Maps of Narrative Practice*)
-  **“Re-Authoring: Some answers to commonly asked questions”** (Maggie Carey & Shona Russell in *Responding to your questions.*)
-  **“Stories of Identity”** -- Peggy Sax: Ch 7 in *Re-authoring Teaching: Creating a Collaboratory.* (2008)

Module 3B

Re-membering conversations







Outsider witness practices and definitional ceremonies

Module 3B continues to explore maps of Narrative Practice and follows naturally from Module 3A

“Re-membering conversations” draws from the work of cultural anthropologist, Barbara Myerhoff. This map offers several ways for therapeutic conversations to purposefully engage with the significant figures of a person’s history, present and future.

“Definitional ceremonies and outsider witness responses” offer a metaphor, structure and ritual that contribute to rich description of people’s lives, identities and relationships.

Readings


-  **“Re-membering conversations”** by Michael White (Ch 3 in *Maps of Narrative Practice, 2007*)
-  **“Re-membering: Responding to commonly asked questions”** by Shona Russell & Maggie Carey
-  **“Dancing with death”** (Lorraine Hedtke 2000)
<http://www.rememberingpractices.com/downloads.php>
-  **“Definitional ceremonies”** (Michael White: Ch4 in *Maps of Narrative Practice*)
-  **“Outsider-witness practices: Some answers to commonly asked questions”** (Shona Russell & Maggie Carey)
-  **“Linking lives around shared themes: Narrative group therapy with gay men”** by Chris Behan (1999)


Module 3C

Exploring conversations that highlight unique outcomes

Scaffolding conversations

Module 3C continues to explore Maps of Narrative Practice and follows naturally from Module 3A and 3B


 Conversations that highlight unique outcomes or exceptions as entry points for alternative or subordinate storylines that fill in gaps in a person's history and provide options to re-engage with what he or she values most in life. Or, as Michael White said, the therapist helps develop this alternative story through questions that "encourage people to recruit their lived experience, to stretch their minds, to exercise their imagination, and to employ their meaning-making resources" (p 62, Michael White, *Maps of Narrative Practice*)


 Scaffolding conversations navigate in the space between what is known and familiar and what it is possible to know and to do. Based on the contribution of the Russian psychologist, Lev Vygotsky, this map offers guidance for therapeutic conversations to traverse this gap, so people can have more agency about the shape of their lives and their relationships.

Readings:

 **"Conversations that highlight unique outcomes"** (Ch 5 in Michael White's *Maps of Narrative Practice*)

 **"Scaffolding conversations"** (Ch 6 in Michael White's *Maps of Narrative Practice*)

 **"Scaffolding the zone of proximal development: a second interpretation of narrative practice"** (2005). Evolution of psychotherapy conference – Workshop 15: Mapping narrative conversations.

 **"Using a scaffolding distance map with a young man and his family"** by Mark Hayward. (2006)

 **"Keeping the Faith: A conversation with Michael White"** by Jim Duvall & Karen Young (2009)

Guest Authors

Maggie Carey has been involved in the practice of narrative therapy since the early 90's and has taught it for the past 10 years. Maggie's therapeutic practice has seen her working alongside young people at risk, with women and children who live with the effects of violence and abuse, and with people having experienced trauma, particularly as refugees. Maggie was a member of the Dulwich Centre Teaching Faculty for many years and has taught narrative therapy in many local and international contexts.

Shona Russell, has made narrative approaches to therapy and community work her focus for over fifteen years. She combines teaching with active practice in counseling and supervising practitioners and/or workplaces who are interested in using narrative ideas in their work. As an active member of The Dulwich Centre teaching faculty, she and her close colleague Maggie Carey played a primary role in the development of the skills practice component of the International Training programme at Dulwich Centre.

Additional Guest Author for Module 3

Peggy Sax has taught narrative maps in university and workshop settings. The article: "Developing preferred stories of identity as reflective practitioners," *Journal of Systemic Therapies*, 25.4, p. 59-72 (2006). This is one of her favorite assignments.

Additional Guest Authors for Module 3B

Christopher Behan, is a consultant with the Annie E. Casey Foundation, assisting state agencies in creating more family strengthening practice. He has written several papers on narrative therapy practice including "Some Ground to Stand On: Narrative Supervision" and "Linking Lives Around Shared Themes: Narrative Group Therapy with Gay Men". Chris extends narrative practice into his work with large organizations and through community practice.

Lorraine Hedtke specializes in working with people who are dying and families after a loved one has died. She is employed by VITAS Innovative Hospice Care as a Bereavement Services Manger for the Inland Empire in California. She regularly teaches nationally and internationally about death, dying and bereavement and narrative therapy. Along with John Winslade, she is the co-author of *Re-membering Lives: Conversations with the Dying and the Bereaved* (Baywood Press: 2004). Lorraine's teaching and writing embodies innovative post-modern theory and practical applications about "re-membering conversations". This relational way of thinking about grief affirms that our stories can potentially transcend our physical limitations as living points of strength, resource and love. Further information and articles can be found at www.rememberingpractices.com.

Additional Guest Authors for Module 3C

Jim Duvall is the Director of Brief Therapy Training Centres-International™ (a division of The Hincks- Dellcrest Institute) and Director of Training at The Hincks-Dellcrest Institute in Toronto, Canada. He is the previous Clinical Director of a children's mental health centre. Jim also serves as the Senior Editor of the Journal of Systemic Therapies. He has been involved in the study of collaborative, client-centred therapies for over twenty years through clinical practice, research and training activities. Jim teaches, consults and provides clinical supervision with various organizations in Canada the United States and abroad.

Mark Hayward works as Head of Family Therapy for the NHS in Plymouth, UK. He was part of the first cohort on the Dulwich Centre Postgraduate Diploma in Narrative Therapy and has an extensive teaching practice in UK and Europe. He is a Director of the newly formed Institute of Narrative Therapy (www.theinstituteofnarrativetherapy.com) and has published widely in journals in N America, Australasia and UK. Mark works with children, adolescents and their families in an urban and rural area in SW UK.

Karen Young, is a faculty member with Brief Therapy Training Centres International (a division of the Hincks-Dellcrest Institute) teaching in the Institute's Narrative Therapy Training Program and in the year-long clinical extern program in Brief and Narrative Therapy. She is a therapist with 25 years of experience working with children and families and has situated her therapeutic conversations within narrative practices for 20 years. Karen has provided narrative training and consultation to many agencies throughout Canada and assisted several to plan and initiate their own walk-in clinics. Karen has contributed numerous publications regarding the application of narrative therapy including papers published in the Journal of Systemic Therapies.

To register for the "Maps of Narrative Practice," Module 3, go to reauthoringteaching.com/to_register.html