An Introduction to Narrative Approaches in Therapy - LEVEL ONE
FOUR DAY WORKSHOP SPLIT INTO TWO PARTS (TWO DAYS EACH)

Who is this training for?
Tertiary qualified professionals in health or social sciences including the fields of counselling, social work, psychology, psychotherapy, psychiatry, nursing, teaching, chaplaincy, and occupational therapy. Other applicants with significant relevant work experience and therapeutic aptitude will be considered.

About the training
People often arrive for therapy with a sense of despair and feelings of failure concerning their lives and relationships. Narrative Therapy seeks to acknowledge their concerns as well as recognise that people’s lives are multi-storied and they do possess certain knowledges and skills that can address their difficulties. The narrative questions that therapists ask can have generative and healing effects for people through the identification and rich development of alternative and preferred stories that take them to hopeful possibilities.

Course Curriculum
This revised 4 day course provides a practical comprehensive training in contemporary Narrative Therapy. Highly regarded foundational skills will include externalising the problem with individuals, couples and families, identifying unique outcomes, and plotting constructive initiatives through time and context. The somatic and affective dimensions of narrative approaches will be covered. Participants will learn how to create histories of valued lives through re-membering conversations.

Key ideas and practices will be covered in a relaxed and supportive atmosphere with many opportunities for trainees to try out various methods. Further, the philosophy, values and ethics that underpin Narrative Therapy will be presented in an accessible way. These knowledges and skills can enrich and sustain new and desirable developments in people’s lives.

As people learn in different ways, this concentrated practice-based course may be facilitated through a variety of teaching methods including:
- guided exercises
- demonstration interviews
- roleplays
- group discussions
- DVDs of the originators of Narrative Therapy
- reading seminal articles and other literature

Please turn page for more workshop details.

“An inspiration. Narrative has opened up many doors into new ways of working and viewing social, cultural and individual client relationships.”

“Brilliant, thought-provoking, inspiring, incredibly useful. I am so glad I made the choice to come along.”

“The training is practical, participant-oriented and very hands-on. Yet solidly grounded in theory.”
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Instruction notes, key literature, and a list of articles and books for reference will be given. Knowledge and practical skills will enable the application of Narrative Therapy to participants’ work settings. Stories from individual, couple, and family therapy will illustrate narrative approaches in various contexts.

Initially we will briefly trace the history and development of Narrative Therapy

- What are stories and how do we tell them?
- Creating a narrative sense of self
- Connections between storied lives, neuroscience and mindfulness

Skill development covers:

- Using practice maps and questions as guides to therapeutic conversations
- Plotting the influence of the problem/s across time and context
- Externalising conversations with individuals, couples and families: employing, sustaining, leaving
- Plotting constructive initiatives through time and context
- Re-membering conversations: creating histories of valued lives
- Documenting therapy: texts and counter-texts
- Taking into account wider social and cultural ecologies
- Identifying the values and ethics that shape this work
- Building collaborative and ethical therapeutic relationships

Enhanced skills acquisition will include

How to create purposeful narrative-informed questions to enhance therapeutic outcomes

- Ways to maintain a position of respectful curiosity
- How to construct a variety of externalising conversations for varied purposes
- How to be attentive to unique outcomes or exceptions to the problem storyline
- Methods to build preferred storylines through rich story development

Your Trainer:
Dr Ian Percy MSW PhD

Dr Ian Percy MSW PhD is a therapist, supervisor, consultant, trainer and published author in narrative and mindfulness approaches.

He is an Accredited Mental Health Social Worker, a Clinical Member of the Australian Association of Family Therapy and an Accredited Psychotherapy Supervisor with The Royal Australian and New Zealand College of Psychiatrists.

Ian teaches professional development courses in counselling and psychotherapy for social service agencies, universities and private organisations. He has specialised in training colleagues in Narrative Therapy since 1997.

Ian has taught internationally and given workshops and papers at state, national and global conferences. He was an invited Plenary Speaker on spiritualities at the 8th Social Work in Health and Mental Health conference in Singapore. He has received two university awards for academic excellence.

As well, Ian has studied and practiced various forms of meditation, including mindfulness approaches, for 40 years. His PhD thesis researched the similarities and differences between therapeutic mindfulness in Australia and Bhutan.
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Fees and venue

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<td>Early bird until Friday 15 Feb</td>
<td>$880 (incl GST)</td>
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<tr>
<td>Full from Saturday 16 Feb</td>
<td>$935 (incl GST)</td>
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Venue:
Conference Room, Saint Catherine’s House, 113 Tyler St, Tuart Hill, WA 6060

Morning and afternoon refreshments included. Trainees will receive a professional development certificate upon completion.

How to book

Please enrol soon as there are limited places. The booking form is on the following page. Simply complete the form, scan and email to narrativetherapy@hotmail.com

Confirmation of registration will be sent once full payment is received. Do contact me on 0422 498 607 or narrativetherapy@hotmail.com if you have any queries.

“Inspiring, thought-provoking and heart-warming. Thank you so very much! Ian’s knowledge and skills in this way of working with people is incredibly expansive as demonstrated by his lecture content and skill demonstration.”

“An excellent introduction to an approach that provides multiple opportunities to enhance our work and experiences with clients.”

“A focused, enjoyable and meaningful training which had practical relevance and deepened my knowledge of how to work with clients.”
2019 Registration Form
2019 Professional Development in Narrative Therapy

Please tick payment option and complete all details.

WORKSHOP

☐ An Introduction to Narrative Approaches in Therapy - LEVEL ONE
Four day workshop split into two parts (two days each)
PART ONE: Fri 15 March - Sat 16 March, 9.00am to 4.30pm
PART TWO: Fri 3 May - Sat 4 May, 9.00am to 4.30pm

☐ Early bird until Friday 15 Feb $880 (incl GST)  ☐ Full $935 (incl GST)

YOUR DETAILS

Name:      Phone:    Mobile:

Email:
Postal Address:
Work (context/ interests):

PAYMENT

Please tick payment option and complete all details. No credit card facilities. Personal payments must be made at the time of registration.

☐ Direct bank payment
  Name: Ian Percy  BSB: 066 009  Acct: 00637312
  Reference: Your name and workshop name

☐ Cheque or Money Order
  Payable to Ian Percy

☐ Agency to pay - no invoice required
☐ Agency to pay - invoice required

Contact name:
Contact email or postal address:

Total Amount: $

WHERE TO SEND COMPLETED REGISTRATION FORM

Once you’ve completed this form, please scan and email to narrativetherapy@hotmail.com
Confirmation of registration will be sent by email after payment is received.
This form is an invoice when fully completed. ABN 73 515 983 264

Cancellation Policy If you cancel your registration you may exchange it with another person. If this is not possible, then cancellation up to 2 weeks prior to the course will incur an administrative fee of $80. If you cancel your place with less than 1 weeks notice and you cannot exchange it, a refund will be made only under exceptional circumstances. Please note Dr Percy may cancel or reschedule training due to circumstances beyond his control and fees will be fully refunded. Please ensure that any travel arrangements you make are flexible, as Dr Percy is not responsible for travel losses incurred due to a course being rescheduled or cancelled.