



PROCHOICES for Everyone
Counselling for the Community | Community for the Counsellors

FEELING NARRATIVE THERAPY INTO PRACTICE WORKSHOP

A Feminist Collectivist Approach

This workshop offers counselling students a practice-based introduction to **Feminist Narrative Therapy**, while demonstrating how dominant discourses, language and power play into the making of meaning in both the client's lived experience and in the therapy room. In this workshop we explore the ways in which unsupportive internalized experiences, problem stories and problem identities can be mobilized away from our client.

OBJECTIVES & OUTLINE

In this workshop, students will engage in dynamic discussions and exercises to support an experiential learning of the theoretical ideas, values and principles that inform a Feminist, Narrative Practice.

This workshop will be facilitated by a learning collective of current and graduate Feminist Narrative Therapy Externs from a Vancouver, grass root, by-donation, therapy clinic, and their clinic director and supervisor. In the tradition of Narrative Therapy, this workshop will consult insider perspective, and stories of discovery and skill development to illustrate integration of theory into embodied practice.



Potential choices and exceptions to the client's problem story and problem identity can often be dismissed, ignored, forgotten, or not yet fully realized by the client. The central focus in this workshop will explore how collaborative investigation of the client's problem experience can engage discovery, reclamation of choice and preferred ways of being and relating. Therapists at ProChoices will offer personal accounts of how utilizing a Feminist Narrative approach towards their own personal learning has both enhanced and promoted a richer understanding of and a deeper congruence with the principles of this therapeutic approach.

By the end of this workshop, the learner will

- ✓ Explore the benefits of a 'decentred but influential' situated practice.
- ✓ Discover ways to engage creative exploration of where choice may reside and be most responsive.
- ✓ Develop a greater awareness of how language and power influence each other.
- ✓ Recognize the ways in which to support a client to author an empowering counter-story to support change.
- ✓ Develop skills and abilities to externalize a problem.
- ✓ Enhance their understanding of the theories and principles that inform Narrative Therapy.



WORKSHOP STRUCTURE & SCHEDULE OPTIONS

Participants will work in teams to explore the application of the ideas to practice. Workshop participants will be guided by the ProChoices Learning Collective, to explore how a Feminist Narrative approach can:

- Privilege collectivist values to counter an individualist therapy focus.
- Empower new possibilities and choice.
- Re-author preferable ways of being and relating for our clients
- Generate a purposeful therapeutic critique of the oppressive effects of structural and systemic inequity.
- Enhance one's own interpersonal/relational capacity and therapeutic mastery.

Workshops are available as a Full Day or Half Day program.

FULL DAY	HALF DAY
<p>9:00 – 11:45</p> <ul style="list-style-type: none">• Externalizing Problems: How and Why?• Client as Expert• Feeling into Care Ethics• Where Choice Lives• The interaction of Language and Power• The Personal is Political	<p>9:00 – 10:15</p> <ul style="list-style-type: none">• Externalizing Problems: How and Why?• Client as Expert• Feeling into Care Ethics• Where Choice Lives
<p>11:45 – 1:00 BREAK</p>	<p>10:30 – 10:45 BREAK</p>
<p>1:00 – 2:30</p> <ul style="list-style-type: none">• Deconstructing Oppressive Discourses• Supporting Change: Counter Stories and Taking A Stand• Audience Practice sessions will occur throughout with debrief at the end.• Q&A with Panel of Externs.	<p>10:30 – 12:00</p> <ul style="list-style-type: none">• The Interaction of Language and Power• Deconstructing Oppressive Discourses• Audience Practice sessions will occur throughout with debrief at the end.• Q&A with Panel of Externs.

FOR MORE INFORMATION

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