



Only
£65

An Introduction to Narrative Therapy using Externalising and The Tree of Life

Emma Offord

Saturday 22nd September 2018 10.00am-4.00pm

A Narrative approach recognises how dominant social and cultural beliefs and practices can influence individuals to develop a problem-saturated story about their identity and possibilities for their future.

One of the aims of this approach is to look out for examples of the alternative stories of a preferred identity during therapeutic conversations and work towards building a thicker description of this preferred identity and open up possibilities for change in a more desired direction.

This workshop is aimed at offering therapists a chance to learn more about narrative therapy and gain practical tips to weave into their practice.

The day will include:

- An overview of what narrative therapy is and its origins
- The use of language and question structure, using narrative ideas of deconstruction, externalising and re-authoring
- Consider how narrative therapy differs from other therapeutic approaches
- Hear about the application of narrative therapy in a case study and participate in the practice of outsider witnessing
- An opportunity for practitioners to deepen their knowledge, skills and develop an understanding of the principles that under-pin Tree of Life
- The opportunity to create your own tree!

Attendees can expect an interactive session, with opportunities to try-out new lines of questioning in a safe environment, experiment with new tools and build an even stronger skill set.



Emma Offord is a Chartered Clinical Psychologist registered with the Health and Care Professions Council (HCPC) and the British Psychological Society (BPS). She currently runs a small private practice in Cambridgeshire following a lengthy career working for the NHS.

Emma is experienced in working with a range of personal and social problems including complex trauma, PTSD, low mood and depression, stress, negative body image, relationship difficulties and anxiety. She has a special interest and expertise in the psychological impact of health difficulties on individuals and has worked in the areas of chronic and progressive health conditions (including cystic fibrosis and pulmonary hypertension), chronic pain, ICU, heart and lung transplantation, craniofacial conditions, respiratory disease, diabetes and gynaecological cancer.

Emma provides therapy for individuals, couples and groups, as well as clinical supervision for trainees and qualified health professionals. She draws upon the ideas of a variety of evidence-based therapeutic models including ACT, CAT, CBT and Mindfulness techniques. However, her passion has always been in the application of Narrative therapy appreciating its ethical, creative and respectful position in the face of some very serious problems. Emma particularly enjoys running Narrative therapy workshops and sharing these ideas with other colleagues who are also drawn to this approach.