

Level One and Two in Narrative Therapy

Thank you to FPSA for providing me with the funding to attend my Narrative Therapy Level 1 and Level 2 course, run by the Institute of Narrative Therapy. This comprised of two 5 days courses and I received completion certificates for both. I attended these in October 2023, January and May 2024. I am currently a Senior social Worker in a CAMHS service and so this training has been incredibly beneficial for the work I'm completing with young people and their carers.

Level One focused on thinking about how we utilise stories to understand ourselves and our lives, externalisation and separating people from problems, utilising unique outcomes to explore alternative accounts of identity, de-centred practice to allow collaborative and respectful ways of working, identifying values, questioning norms and power to integrate an ethical approach and thinking about wider contexts to people lives and how they can be taken into account.

Level Two focused on using the Absent but Implicit, Trauma and therapeutic ways to respond to it in non-exposure therapy to avoid retraumatisation and thinking about empowerment and injustice, expressions of failure within therapy, and understanding supervision from a narrative perspective.

The training was very well delivered – I found it more useful when the training was face to face rather than online. There was a lot of practising what we had been taught in small groups or pairs and this allowed for a really supportive training environment.

From the first day of discussions/teaching on Level One I felt there were skills and knowledge I took away and was able to use within my work in CAMHS – externalising is a skill I had learned about previously but this training allowed me to feel much more confident and then expand my narrative work further. Level Two was very helpful for my role as a supervisor as it gave me a new structure to use, as well as the focus around trauma which is helpful with my client group. I've also found the work around norms and expectations to be particularly useful with the young people on my caseload. I intend to continue utilising what I've learned throughout my work, and hopefully continue to bring in new skills from the training as I continue to build confidence with my use of Narrative Therapy.