

# Introduction to Narrative Therapy - A practical one day workshop

**Date:** Thursday 5<sup>th</sup> March, The Grainshed, 2 King Street, Swan Hill  
**Time:** 9am - 5pm morning tea, lunch and afternoon tea will be provided  
**Location:** The Grainshed, 2 King Street, Swan Hill  
**Contact:** Sharlene Green [sgreen@murrayphn.org.au](mailto:sgreen@murrayphn.org.au)

This practical workshop is designed for participants to immerse in the experience of engaging with narrative therapy ideas. The focus will be on the practices of externalising and how to ask questions that enable people to articulate politics, context, location, power, agency and change through metaphorical language.

This experiential workshop will also highlight how and when these practices might be most resonant along with ways externalising can be brought into supervision and peer conversations to sustain ethical practice.

## Narrative Therapy

Narrative practice is a post-structuralist, invitational, question-based therapeutic approach. It centres around creative and metaphorical deconstruction to make visible the ideas that are in operation so that we (individuals, families, communities) might have the possibility to actively shape what we take up, step away from or renegotiate. It aims to assist us in performing our preferred identity, vision and ethics through our actions, initiatives, commitments and relationships.

## Who is this workshop for?

People working in a field where they are in therapeutic conversations with others regardless of the context, length or structure of the therapeutic encounter i.e. crisis, advocacy, therapy, consultation, community projects, interviewing etc.



Poh Lin started out as an Australian social worker who has spent the last 14 years developing and engaged in therapeutic alliances and conversations with people across a number of countries and contexts (*Australia, Mongolia, Benin, Singapore, New Zealand, Malaysia, Palestine, Turkey, Ukraine Germany, Belgium, Greece, UK, Spain*) including providing torture and trauma counselling on Christmas Island and continuing to work alongside people seeking asylum through a film project with Gabrielle Brady, *Island of the Hungry Ghosts* (feature) and *The Island* (short). Poh Lin is a member of the Australian Association of Social Workers and a teacher for the International teaching faculty of Dulwich Centre. Poh Lin is an honorary clinical fellow of the school of social work, University of Melbourne and have been a tutor in the Masters in Narrative Therapy and Community work for the past 5 years.