



Multi-disciplinary practice consultation groups

With
Poh Lin Lee

Are you interested in growing a part of your practice or developing a project?
Are you wishing for consistent support from a multi-disciplinary group over a 12month period?

These multi-disciplinary groups aim to bring together research, therapy, community and arts practitioners from diverse locations together in a consultation process to support and explore projects/dilemmas/practice through a narrative therapy-informed lens. The monthly sessions will include unpacking fragments of experience, generating material, narrative therapy-informed interviews, witnessing practices, readings, co-writing and more.

Being part of a multi-disciplinary group offers a chance to hear how people are using ideas in different contexts and in entirely different ways. This can help us notice what rules or limitations (ideas about what is and isn't possible) are in operation for our practice/projects. It can create a soundboard for considering how we engage with language and the meanings and assumptions embedded in this. Difference helps us find ways to articulate and share our practice, ideas and questions with ethics of access and inclusion.

What could be great to bring along

- Working towards writing a therapeutic article, chapter or book
- Working towards writing up research
- Writing a script, treatment, funding application
- Navigating systems and institutions - academic, film industry, therapeutic industry, NGO sector
- Dilemmas and creating practices to accompany film participants, clients, interlocutors
- Navigating working in teams, with crew
- Working towards creating and delivering a workshop
- Working towards short, feature films, podcasts, series, theatre shows, dance performance or collaborative dance spaces
- Transforming lived experience into a particular medium/form
- PhD, Masters thesis
- Ethical dilemmas in story telling, gathering research material
- Developing research questions

Who is this for: researchers, interpreters and translators, therapeutic practitioners, film makers, artists, activists and community organisers, writers, dance movement practitioners, PhD students, peer workers/community, musicians, poets,

While these groups are offered in English as the shared language it does not have to necessarily be the central language. Depending on the participants we will actively shape how we move with language and find ways to ensure that language is not a barrier to this rich process.

Practical details

three possible fee options...

- If you prefer 5 people in a group that is \$75 CAD each per month (*plus tax if based in Canada)
- If you prefer 4 people in the group
it will be \$90 CAD each per month (*plus tax if based in Canada)
- If you prefer 3 people in the group
it will be \$125 CAD each per month (*plus tax if based in Canada)

If you are a practitioner at risk or facing economic uncertainty in these times please let me know, I'll do my best to accommodate this. Alternatively if you or your organisation would be interested in supporting a sponsored place let me know!

To register:

Please fill out this for [here](#). You can form a group and register or you can ask Poh to include you in a group. Start dates to be negotiated for each group.

Poh Lin Lee

I'm interested in cultivating non-extractive and decolonial approaches to engaging with lived experience, whether this be in therapeutic, research, community or creative practices. I learnt the craft of narrative therapy with people and communities experiencing family and state violence, displacement (from rights, land, home, body, identity, relationships), and traversing the in-between spaces of place, identity, status and experience. Practising at the intersection of narrative therapy and film grew from a long standing collaboration with Gabriell Brady on the award winning film [Island of the Hungry Ghosts](#) (2018) and [The Wolves Always Come at Night](#)



(2024). These days I continue to weave these different practices and fields to create experiential workshops and consultations. To find out more visit www.narrativeimaginings.com

What is narrative therapy?

“I was there (narrative therapy conference in Antwerp) because I had been introduced to one of the central practices of narrative therapy – “definitional ceremonies” – during a somatic training course I had joined, looking for a way to reinvent my relationship to my own embodiment (including as a filmmaker). I had come away with the conviction that this radically redistributive approach to engaging with others might hold the key to liberating documentary filmmaking (and not just documentary filmmakers) from some of the more stubbornly extractive aspects of their heritage.

“Narrative practice” (as it has come to be known) refuses those boundaries that would assign certain people to positions of fundamental passivity, and seeks to embody the belief that all authorship is co-authorship – that the most natural and appropriate form of story-telling is “multi-storied”, seeking not only to acknowledge but to activate and live forward from multiple possibilities which can only be discovered by embracing a radical diversity of points of view. Formulated in the 1970s and 1980s by two social workers, the Australian Michael White and the New Zealander David Epston, it is explicitly driven by a commitment to justice, both epistemic and social. In this, they were largely influenced not only by constructivist psychology, feminism(s) and postmodern theories of power, but above all by what they learned from their collaborators as they sought to establish concrete forms of equality and orient to the co-production of knowledge and practices – in particular through White’s work alongside Aboriginal colleagues and communities in Australia.”

(Peter Snowden, <https://collateral-journal.com/index.php?conversation=1>)

What people share about their experience...

"This is a space of permission, refusal, arriving, warming up, listening, suspending meaning and the self-critic, and starting anew. The experiences in these sessions constantly affirm that we write not from a single "I", and there are multiple authors, collective voices, collective resistances, overlapping realities, senses, and memories present with us. All of the time. We are invited to resource from these rich experiences and a community within us and surrounds us. Poh facilitates these sessions in a way that extends beyond writing as an articulation or a productive project but a process of listening and receiving from voices that need the right prompts to emerge." Xiaolu Wang, filmmaker+translator

"Being part of this consultation group, with gentle invitations to expeditions of my bodies, my imagines and understand further urgencies of care, needs, resonances, things to express, of the collective, in others, in me. I felt immediate possibilities to apply these findings and ideas to my current practices. The guidance of Poh and her offerings transcend the multilayering of spoken languages, sending invitations, questions.. building creative bridges to see, to be seen, to hear and be heard." iSaAc Espinoza Hidrobo - artist / trans activist www.isaacespinoza.eu

"As a researcher, I have found it incredibly useful to reflect on the writing process with other storytellers. It's so inspiring to learn from scriptwriters, novelists, filmmakers, therapists and other researchers from so many different walks of life. Poh Lin does an amazing job of bringing together people from different creative industries and different parts of the world, in ways that expanded our thinking and improve our practice. I strongly recommend this workshop to anyone who is wanting to talk through their writers block or creative challenges, anyone who has just come back from fieldwork and doesn't know where to start or how to do justice to all their material, or anyone who wants to explore new ideas to tell their participants' stories in ethical, compelling, and empowering ways!" - Dr Tarryn Phillips, Associate Professor of Crime, Justice and Legal Studies, La Trobe University

"As always, I never quite know what to expect, but the result is unusually delightful. What I love about the group offering is the thoughtful, poetic remarks by the other members which are like sparks of expansion. From all of this, I am learning that there is so much more room to play and create, which definitely defies the western model that I've been so conditioned to believe is the only right way. Yea, the great undoing. Thank you for everything." Christine

"My experience with the consultation group can be described as expansive, playful, tender, moving, and novel. Poh offered a generous and hospitable space that was both grounding and uplifting all at once, allowing each of us within an international community to co-research with radical care and unapologetic curiosity. This group became a safe passage to re-appear, re-engage, and re-imagine our relationships with not only members of our physical bodies, but also our bodies of knowledge, spirituality, ancestry, music, movement, poetry, and more. The experience enriched my politics and practices both personally and professionally." Shuo Yuan www.sycounseling.com

"They feel very mysterious, magical, and nourishing in a way cooking at a party with new friends feels. You're the host, we're the guests, and we're all here to cook and eat together—even if we don't know each other or what everyone is making, nor when or whether it will be ready to taste or share with anyone else. The point is we're sharing in the process together, and the questions you ask are somehow general and generative enough that we can all relate to them in some way that is meaningful to us. I feel very present and welcome and unselfconscious in the space you've created." Angeline www.angelinegragasin.com

"It was a transformative space where I could bring forth old ideas for reviewing and shape new visions together with the group. It came to seep into all areas of how I am approaching my current projects—bringing in new life and inspiration and re-imagining how things can look. What a deep process that I hope to continue when new workshops become available. Thank you so much to Poh and the other collaborators of this radical space we created." Gabrielle www.gabrielle-brady.com

"The consultation group was for me a place where curiosity, sharing, dialogue and co-research were headed towards new directions. A place where the exploration of the landscape of action opened new

possibilities. A place where the question of "what is possible to know?" was articulated again from a different perspective and towards new directions." Yiannis Kafkas, Narrative Practitioner, Photographer