

Brief & Narrative Therapy Workshop Series

Essential Skills for Walk-In, Single Session & Brief Therapies!

Trainers

Karen Young, Jill Freedman, David Paré and Vikki Reynolds

4 Workshops

Register for one or more or the whole series and receive a deep discount!

Windz Institute, Oakville, Ontario

www.windzinstitute.com

Responding to Diversity in Single Sessions: Attending to Social Justice

David Paré, October 14, 2017

Walk-in and single session therapy are becoming increasingly widespread because of their demonstrated usefulness for reducing waitlists, and for generating helpful conversations sooner, rather than later. The constrained time length often encourages focused exchanges that make a difference for people struggling with immediate concerns. At the same time, the pressure to “deliver” sometimes leads therapists to adopt an expert stance that inadvertently measures clients against normative standards. For people who have experienced marginalization as a consequence of their social location—around race, ethnicity, sexual orientation, gender identity, and so on—this is more of the same, duplicating the social injustice they encounter on a daily basis.

This one-day workshop is devoted to exploring how to respond to diversity in ways that keep social justice at the centre of walk-in and single session therapy. This starts with attending to the social determinants of health that are shown to be strongly correlated with mental health outcomes-- social inequities that give rise to the problems clients bring to therapy. Keeping these in view leads to a practice that understands client initiatives—some of them seemingly small at first glance—in relation to the considerable challenges they are up against. This is a useful antidote to expert-oriented practice that frequently overlooks clients’ unique and diverse knowledge because of the focus on measuring people against arbitrary norms. This workshop is devoted to infusing walk-in and single session work with a social justice orientation that celebrates client ingenuity in the face of the many social inequities they face.

Participants will learn:

- The role of social determinants in population health and their relation to the issue of social justice in counselling and therapy
- The opportunities afforded by moving from an individualistic to a contextual view of persons and problems
- How normative ways of listening and responding discourage diversity
- Conversational practices for acknowledging diverse identities without “normative applause”
- How to craft questions that situate actions in context, highlighting initiatives in relation to challenges faced

Curiosity and Questions Beyond the Spoken Words

Jill Freedman, December 7 & 8, 2017

The ability to listen for cues of experiences beyond the spoken word is essential for therapists working at walk-in clinics and brief services. Skills in this kind of listening can be pivotal in creating meaningful and useful conversations in single session, brief or longer-term work. They lay the foundation for therapists to be able to create questions that move beyond the usual talk about problems and about 'strengths'.

In day 1 of the workshop, Jill will share detailed ways of thinking and practicing that involve deconstruction of discourses that support a wide range of problems in people's lives and relationships. Discourses sustain a particular world view. They include statements, practices and societal structures that share and circulate common values. Discourses shape how people understand, talk about and act in relation to problems, events and relationships. Jill will share practices and specific ways of crafting questions, which make discourses visible and ultimately undermine the power of the problem.

On day 1 you will learn about:

- The usefulness of unpacking experiences that support problems
- Why and when it is important to expose discourses
- Pathways to thinking about discourses and recognizing them at play
- The importance of timing questions about discourses
- Crafting questions carefully, keeping them small and experience-near

In day 2 of the workshop, Jill will teach ways of listening to hear the 'other stories' of knowledge, skills, values and commitments. This focus for curiosity moves therapeutic conversations into territories that are outside of the taken-for-granted and the routine. This makes it possible to ask questions that build pathways toward new realizations and concepts. Engaging in listening for the absent-but-implicit in people's words and actions puts therapists in the position to ask questions about subjugated stories of what people give value to, long for, or held precious.

On day 2 you will learn about:

- How stories about problems are in contrast with experiences that are preferred
- Ideas from Michael White about double listening that can help us recognize cues to absent but implicit preferred experiences
- How this kind of listening can inform and support our curiosity from the beginning and throughout therapy conversations
- Questions we can ask to help people put words to what has been implicit
- The profoundly useful effect this way of listening has on our crafting of questions and the outcomes of each and every session

When All the Time You Have is Now: Walk-in Clinics & Single Session Therapy

Karen Young, January 19, 2018

Walk-in clinics and other forms of quick access to services have become a key part of the landscape of service delivery in Ontario as outlined in the policy paper, “No More, No Less: Brief Mental Health Services for Children and Youth” (Duvall, J., Young, K., Kays-Burden, A., 2012). Narrative therapy ideas and practices provide therapists with ways of quickly engaging people in deeply meaningful and useful conversations. These practices are a perfect fit for settings in which just a brief encounter with people is possible, such as walk-in clinics or other short-term services where we need to make the most of the session.

Karen will share discoveries made during her 16 years working at a walk-in clinic and providing brief therapy services, about what aspects of narrative practice are particularly useful in these settings. Remarkable conversations that are “enough” can take place in one meeting when the therapist has skills that allow for respectful engagement in meaningful conversation quickly.

Participants Will Learn To:

- Co-create the agenda in ways that set the stage for meaningful conversation
- See “away-from- the-problem” stories quickly
- Engage people in conversations that are both respectful of and shifting of their ways of thinking about the problem
- Use a clear therapy guideline for time sensitive therapy
- Develop detailed, rich stories of people’s values, skills and abilities
- Record in-session notes that create take-home documents for the client
- Use witnessing practices in sessions and create support teams
- How to keep the new discoveries happening outside of the session

Recordings of actual sessions from the walk-in therapy clinic will be used to demonstrate the guidelines and practices.

Responding to Trauma in Brief Settings: Witnessing Resistance

Vikki Reynolds, February 1 & 2, 2018

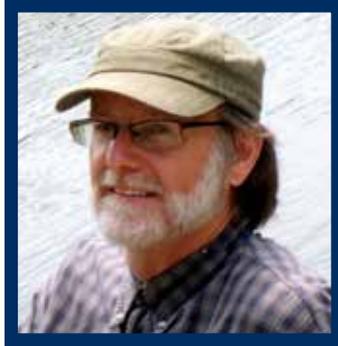
Many counsellors and therapists are working within therapeutic contexts such as walk-in counselling clinics and short-term services where brief encounters with people occur. People who come to consult with us in these brief settings might come and talk about histories of trauma, oppression, suffering, violence, bullying and other experiences of social injustice. In these situations counsellors must think clearly and differently about how to respond in ways that are non-pathologizing and instead honour acts of resistance.

In all of our work and especially in brief contacts, we can be mindful of the social and political context of injustice and resist the social construction of pathologizing and marginalizing identities. Honouring and witnessing the wisdom of people in their responses to trauma, brings forward their agency, and can create identities of knowledge, autonomy and strength, as opposed to victim/survivor identities, or other “spoiled identities”. We have an opportunity within a single session to shift meaning and identity stories in ways that can be very impactful of people’s lives going forward.

In this workshop you will learn about:

- Alternative understandings of trauma & oppression that include acts of resistance
- Structuring safety immediately in brief therapy encounters
- Witnessing practices that offer new meanings of past traumatic events
- Questions that come from an ethical stance of justice-doing in our conversations
- Connecting private pain to public social and political contexts in ways that reduce isolation and ‘othering’ stories

Faculty Biographies



David Paré, Ph.D.



Jill Freedman, M.S.W.



Karen Young, M.S.W., R.S.W.



Vikki Reynolds, Ph.D., RCC

WORKSHOP SERIES DETAILS

LOCATION: Windz Institute At Reach Out Centre for Kids Centre of Learning Oakville
504 Iroquois Shore Rd., Unit 12A, ON, L6H 3K4 (Less than 2 kms from Oakville Go-train Station)

TIMES: All workshops run from 9:00 a.m. to 4:30 p.m.

DATES:

David Paré: Saturday, October 14, 2017, **Jill Freedman:** Thursday & Friday, December 7 & 8, 2017,
Karen Young: Friday, January 19, 2018, **Vikki Reynolds:** Thursday & Friday, February 1 & 2, 2018

FEES: Purchase all 4 workshops for \$895 + HST (must register by August 24, 2017)
or purchase 3 workshops (David or Karen + Jill & Vikki) for \$750 + HST (must register by August 24, 2017)
or purchase individual workshops:

David Paré - Regular Rate: \$185 + HST, **Early Bird Rate** (Before September 6, 2017): \$150 + HST

Jill Freedman - Regular Rate: \$375 + HST, **Early Bird Rate** (Before October 27, 2017): \$325 + HST

Karen Young - Regular Rate: \$185 + HST, **Early Bird Rate** (Before December 15, 2017): \$150 + HST

Vikki Reynolds - Regular Rate: \$375 + HST, **Early Bird Rate** (Before December 22, 2017): \$325 + HST

CLICK HERE TO REGISTER

CANCELLATION POLICY: ROCK reserves the right to cancel workshops due to under-enrolment, instructor illness or inclement weather. If a workshop is cancelled, ROCK is responsible for refunding only the tuition payment. For a refund, a notice of cancellation must be received in writing 14 days prior to the workshop date. After that time a credit may be issued, which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. An administration fee of \$40 will be charged for cancellations. We are not able to offer a credit if you do not notify us by the day of the workshop.