

Narrative Therapy: Nomadic navigating in complex dynamic systems



Date and time
Tuesday 28
November 2017

10am - 5pm

Fee
£130

Ref
CPD73

Narrative practices are increasingly practiced across the UK, Europe, Australasia and beyond. This one day masterclass gives you the opportunity to hear from leaders in the field and to think with them about how nomadic narrative ideas can be embraced in clinical practice.

Leading on from ideas of Deleuze, Guattari and Bradotti, nomadic theory is receiving a great deal of attention as societies and populations - and ideas - are in constant movement. Nomadic narrative practices embrace notions of how the world, including the world of the therapeutic encounter, is in contact flux. Nomadic theory can help us help our patients, students and supervisees to work with complexity and dynamism.

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This will be a rich theoretical and applied day with four lectures in the morning and early afternoon sessions, workshops to apply the ideas after lunch, leading to a panel plenary in the late afternoon.

The lectures will be as follows:

Dialogue and Reflections on Narrative Therapy Jan Olthof and Bruno Hillewaere

Jan Olthof and Bruno Hillewaere will reflect on aspects of narrative and dialogical therapy – and what better way is there to do this than by means of a dialogue, or interview, between the two therapists. In their dialogue they will touch on some of the key aspects of narrative and dialogical systems therapy, which they described in several individual publications on the subject and which Jan describes in-depth in his recently published Handbook Narrative Psychotherapy for Children, Adults and Families. One of these aspects is the art of joining and understanding the words and language of clients and their systems, and to search for the ‘difference that makes a difference’ to stimulate the change that the family will benefit from. Another aspect is the use of metaphor. Since both Jan and Bruno make use of metaphors in the domain of sports, art and literature in their therapeutic interventions, they will likely use those in their dialogue as well. And though as in their meetings with clients they will come well prepared, during the process there will always be room to wander – and to wonder.

Navigating complexity in feedback informed systemic therapy

Robert Van Hennik

Something is happening here and you don't know what it is, do you mister Jones?
(Bob Dylan, Ballad of a thin man)

Small differences can have dramatic consequences in complex dynamic systems. As a systemic therapist working with children and their families in the field of mental healthcare, Robert is often surprised and amazed about what families say when asked what was it that triggered change. Family members often point out small unpredictable ‘differences that made the difference’ (Bateson). In times when therapy is legitimised by transparency through control, standardization and bench marking, there is little attention for those small, unpredictable and unreplicable ‘differences that make the difference’ Robert will explore how to produce accountability, and ‘validity from within’ (Maturana), in local, singular cases of family therapy. Robert has designed a ‘fluid therapy manual’ based on ‘mixed methods research approach’ and has carried out collaborative practice based research. The fluid manual FITS corresponds to the locality and complexity of social and cultural life and is substantiated by practice based collaborative research. In his presentation he will present findings from his research.

From Victimisation to Re-kindling the Caring Dialogue: Constructing narratives of strength, care, compassion and connection in Non Violent Resistance and New Authority

Peter Jakob

Non Violent Resistance and New Authority is a fast growing systemic approach for dealing with violence, destructive and dangerous behaviour. Increasingly in demand, professionals often feel helpless in responding to young people who do not appear open to reason, or accept the care and compassion adults may have to offer them.

By far not all young people who exhibit violence and other controlling behaviours have been traumatised, nor are all families in which aggressive behaviour forms

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a regular pattern multi-stressed families. However, when parents and young people have experienced domestic violence, sexual violence and developmental trauma, sometimes over generations, professionals, parents, children, professionals, friends and family and the community often live and tell stories of victimisation and disability. The question is: how can we professionals, as members of the larger system around the family, help facilitate the transition from a victim narrative, which sees being done to as the only alternative to violence, and mistakes dominance and control with authority, to a heroic narrative, in which family and the community around the family find strength, agency, and connection with one another?

Navigating in Complex Dynamic Systems

Corine Rijnberk

Persons with psychiatric problems often find it difficult to function well in society, yet they are as likely to have children as persons without psychiatric problems. The children of these parents run a heightened risk of developing problems themselves, both because of a genetic predisposition and because of challenges in parenting.

Parenting behavior shows continuity across generations (e.g. Conger, Neppl, Kim, & Scaramella, 2003). Interventions to support parents with psychiatric problems in raising their children are necessary to provide these families with the best possible care, to prevent problems from repeating themselves from one generation to the next. Family psychiatry is an approach which aims at organising a meaning-making system to motivate parents to reorganise their family patterns. It is a way of navigating in these complex dynamic systems.

Being in therapy, becoming a nomadic subject

Jan Flaming

In this lecture, Jan Flaming will present the notion of 'nomadic subject' which the feminist philosopher Rosi Braidotti has proposed as a suitable figuration for contemporary subjectivity. He will then have a conversation with Jan Olthof about the implications of Braidotti's views for the theory and practice of narrative psychotherapy.

Programme

- 10.00 Welcome and Introduction
- 10.15 Dialogue and Reflections on Narrative Therapy
Jan Olthof and Bruno Hillewaere
- 10.45 Navigating complexity in feedback informed systemic therapy
Robert Van Hennik
- 11.15 Coffee break
- 11.45 From Victimisation to Re-kindling the Caring Dialogue: Constructing narratives of strength, care, compassion and connection in Non Violent Resistance and New Authority
Peter Jakob
- 12.15 Navigating in Complex Dynamic Systems
Corine Rijnberk
- 12.45 Lunch
- 1.45 Being in therapy, becoming a nomadic subject
Jan Flaming
- 2.30 Reflective discussion space
- 4.00 Plenary
- 5.00 Close

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