

## **COU570 Narrative Therapy**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

### **Synopsis:**

Narrative Therapy course is designed for those interested in narrative practices with individual(s) and couples in therapy. This course will feature a review of key narrative ideas and practices, including recent developments in narrative therapy: externalising conversations, re-authoring conversations, outsider-witness practices, remembering conversations, listening for alternative storylines, and documenting change.

### **Topics:**

- What is Narrative Therapy?
- Origins of Narrative Therapy
- Theoretical and Practice Innovations
- Understanding and Living Lives through Stories
- Fundamentals of Narrative Therapy
- Narrative Therapy as Systemic and Flexible Stance
- Boundaries of Narrative Therapy
- Externalising Conversations
- Re-authoring Conversations
- Re-remembering Conversations
- Definitional Ceremonies
- Conversations that Highlight Unique Outcomes
- Scaffolding Conversations

### **Textbooks:**

: Maps of Narrative Practice By Michael White (2007)  
ISBN-13: 9780393705164

Michael White and David Epston: Narrative Means to Therapeutic Ends. W.W. Norton & Company  
ISBN-13: 9780393700985

David Denborough: Retelling the Stories of Our Lives: Everyday Narrative Therapy to Draw Inspiration and Transform Experience. W.W. Norton & Company  
ISBN-13: 9780393708158

: Narrative Therapy: An Introduction for Counsellors, 2nd Edition <ebook> SAGE  
ISBN-13: 9781446233900

**Learning Outcome:**

- Appraise the theoretical concepts and framework underpinning narrative therapy
- Create key narrative ideas and practices in narrative therapy in local context
- Propose the integration of recent developments in narrative therapy to a given clinical context
- Construct the basic clinical skills needed in narrative therapy in local context
- Plan strategies to gain competencies in narrative therapy skills
- Design the narrative therapy technique(s)/skills appropriately in an individual or couple session

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.