

Level 1 Intensive in Narrative Practice

I would like to thank the Foundation for Professionals in Services to Adolescents (FPSA) for their generosity in funding a place for me to attend the Level 1 intensive course in Narrative Practice, hosted by the Institute of Narrative Therapy.

This is a one week intensive workshop for those wishing to use a narrative approach in their clinical work. As a clinical psychologist working with adolescents with physical health conditions I have found this approach especially valuable in offering an 'alternative' to managing distress. This course offered me the opportunity to develop and consolidate my skills in working narratively with young people.

As a paediatric psychologist, working predominantly with adolescents with cancer, I have adopted many of the practices and ideas taught on the course. Narrative therapy enables young people to reconnect with their 'preferred stories' and their lives outside cancer at a time where the medical system dominates. I feel this approach fits particularly well with an adolescent population where creative approaches may be helpful or more problem-focussed psychological models do not 'fit'. I am now in the process of setting up a narrative group for young people affected by cancer and once again would like to thank the FPSA for making this possible.

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