**See: https://ndc2.eu/programme/**

**Wednesday 3 July 2019**

**Preconference Workshops:**

9:30- 11:00 workshop

11:00 – 11:15 break

11:15 -12:30 workshop

12:30-13:00 lunchbreak

13:00-15:00 workshop

15:00-15:15 break

15:15-16:30 workshop

09:30 – 16:30  Glenda Fredman [Journeying through stories of personal & professional identity](https://ndc2.eu/320-2/). A practical workshop for working in therapy, supervision & self-reflection

**Journeying through Stories of Personal & Professional Identity. A practical workshop for working in therapy, supervision & self-reflection**

We are living in times when many of us face re-descriptions of our identities; times when borders and walls are being created; times of reclassification, registration and accreditation to identify who is in and who is out, who belongs and whom to exclude, who is welcome and how we welcome. For me the word ‘Identity’ goes with ‘belonging’ – who we ‘are’ is not just shaped by who we want to be – but who will have us – where and who we can be. In this workshop I will draw on stories from my practice and my personal, professional and political lives to reflect on my relationship with different discourses of identity and models of self. This practical workshop will offer exercises that participants can use with people in therapy, in supervision and for self-reflection. For example, I will invite you to reflect on narratives from the multi-storied contexts (personal, professional and political) of your lives that inform who you are and who you want to be. We will explore using these different stories as opportunities for creative practice, to help us work respectfully alongside colleagues who hold a loyalty to different approaches and to inspire hope in challenging times. I will also invite participants to work with the ‘journey metaphor’ and ‘migration of identity’ to reflect on and navigate our changing and developing professional identities as we navigate changing political and cultural contexts.

 09:30 – 16:30  Jim Duvall [Brief narrative practices. Short stories for single-session and short term services](https://ndc2.eu/practices/%20).

**Brief Narrative Practices. Short stories for single-session and short term services.**

Brief Narrative Therapy practices offer ways of rapidly engaging people in richly meaningful and constructive conversations. They can be applied in any settings and are a flawless fit if just a brief encounter is possible and when all the time you have is now. This training will address findings from Jim’s research at a training and research institute where he worked for many years and through a policy paper that he co-authored (Duvall, Young and Kays-Burden) “No more, no less: Brief mental health services for children and youth,”that demonstrates the effectiveness of collaborative, competency-oriented Brief Narrative Therapy. The significance of story as it applies to brief and single-session therapy will be thoroughly explored. Peoples’ lives are organized through stories, which include their beliefs, purposes, commitments, knowledge, abilities and skills. More often when people go to therapy they are not at their best and are distracted from these abilities, resulting in an impoverished and restricted storied experience, leaving them less able to stand up to problematic circumstances in life. The purpose of Brief Narrative Therapy is to make visible gateways to subordinated storylines of personal agency. These practices contribute to accessible, ethical, collaborative, and competency oriented services that are committed to getting people the help they need when they need it. Presentation, recorded examples, experiential exercises and a handout package will create a comprehensive training experience. Participants will be introduced to skills they can take into their practices immediately.