**Helpful memories -reactivating precious moments to help deal with trauma**

Memories play a meaningful part in the narratives of our lives, both preferred and problem saturated. One of the painful ways in which trauma forces itself into everyday life is through vivid repeating memories, which isolate people, cutting off their sense of self and relationship.

This workshop will present ways to access positive memories, which can become helpful in dealing with traumatic memories/flashes. These positive memories are often pushed away and covered by trauma, therefore requiring therapist to actively create space and possibilities for the stories of these memories to be told. The memories work as an antidote to the effects of trauma on the neurology of the brain. Participants will be introduced to some of the ideas and practices that are used to invite the reengagement of people with memories that support a sense of connection and agency.

**Giving love a chance – Narrative couples therapy**

Love, an inspiration for poetry, music and art, might not be all we need, but has an important presence in therapeutic work. How can we keep what David Epston refers to as the “The eyes of love “ when relationships are filled with conflict and hurt? This workshop will present practices that provide a context for couples to construct and expand their preferred ways of being. We will follow a therapeutic journey with a couple, from the first session to the last and will present the practices that support the work, including definitional ceremonies and externalization of interaction cycles.

\*workshops participants will be invited to experience the practices through exercises.

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