

Second Nordic Narrative Therapy Conference
Norway ~ 2
April 3-5, 2019
Trondheim, Norway

New Therapeutic Developments in Working with
Children, Families and Couple Relationships

Sponsored by
Vancouver School for Narrative Therapy
Co-sponsor Municipality of Trondheim

Statens Hus, Prinsens gate 1A
7013 Trondheim, Norway

Day 1 - All Day Conference Workshop Wednesday April 3rd

1) Awakening the Dead: Death, Grief & Responding to Despair - *Lorraine Hedtke (USA) & Helene Grau Kristensen (Denmark)*

The workshop teaches participants the practical aspects of creating aesthetic re-membering conversations that are central to Helene and Lorraine's ground breaking therapy work. Participants are introduced to a set of radically new relational ideas that afford narrative therapists a practice to connect with and 'liven up' the dead, and a means to contest, challenge and change the field of grief psychology.

2. Working with Girls & Women Victims of Gendered Violence: narrative therapy practice through a trauma informed feminist approach - *Rosa Elena Arteaga (Canada)*

Participants learn to create narrative therapy conversations to address the effects of gendered violence while strengthening the resilience, agency and strategies that girls and women use to become free of violence and abuse. Rosa will also address her work with the a) the police, b) counselling with women whose children have been apprehended by child protection services and, c) working with social workers who are dealing with cases where children are witnessing their mother's abuse and the mother is struggling with the impacts of abuse.

3. Narrative Therapy Informed Relational Interviewing with Conflicted Couple Relationships - *Stephen Madigan (Canada)*

Stephen guides participants through the practice ideas of Relational Interviewing that have turned popular individualist models of couple therapy upside down. Participants interact with conflicted couple

relationships through numerous Relational Interviewing practice videos, unaltered transcripts, various therapeutic letters (written by Stephen, the couple and the relationship), and discuss his consultation, training and research project with Norway's National Couple Conflict Team and Trondheim's family therapy clinic High Conflict Team.

Day 2 - Thursday April 4th

Keynote - 8:45 - 9:30 Still Living - *Helene Grau Kristensen (Denmark)*

The keynote guides participants through an interviewing practice that involves crafting relational responses to grief that re-story loss and death, and cultivate a continued relationship between the living and the dead.

Day 2 - MORNING WORKSHOPS Thursday April 4th

1) *Narrative Therapy Practices with Neuro-diverse Youth: Using metaphors and visual aids to support acceptance and create agency ~ Akeiko Rawn (Canada)*

The workshop demonstrates new therapeutic work through "Art Burst" - a visual therapeutic documentation process that is a unique practice expression of narrative therapy with children and youth categorized as Autistic, ADHD and OCD. Through the use of art, posters and therapeutic letters the presentation highlights how this work leads the youth towards imagining possibilities that create promising futures.

2) Hovering and the Art of Going Slow: Live Narrative Therapy Supervision

- Lorraine Hedtke (USA) & Stephen Madigan (Canada)

Lorraine and Stephen begin the workshop by showing a video of Michael White 'hovering' (going slow) for the purpose of enriching alternative story development. Lorraine proceeds to demonstrate the importance of hovering through a Live demonstration interview where her questions are typed up on the big screen for participants to analyze. Stephen then provides a close up and slowed down supervision practice developed by the Vancouver School for Narrative Therapy to explore and develop the therapeutic questions Lorraine asked (and did not ask!) in the interview.

3) Therapeutic e-mails and psychiatric problems.

- Nina Tejs Jørring (Denmark)

Psychiatric problems do not only affect one person but very often affect the whole family. The workshop demonstrates the use of therapeutic email writing and how the use of this narrative therapy practice can aide the whole family in finding their way forward. Nina's use of therapeutic emails encourage the family to read the letters aloud at home, and how this process is used to initiate each new session the family is engaged in. Nina will share a selection of my e-mails the team has written to families and discuss why they are finding this method of therapeutic interchange has become a favourite narrative family therapy practice.

~ Lunch 12:30- 2:00 ~



Day 2 - AFTERNOON WORKSHOPS 2:00 - 5:00 PM

1) Supervision as 'truth-telling': Foucault inspired contributions to supervision.

- Anne Saxtorph and John Gurnaes (Denmark)

The workshop outlines a form of narrative supervision with a group of Danish family therapists working with a mother and daughter who are in constant relational conflict with each other (and who another group of family therapists have 'given up' on). The presenters discuss how it is the family therapists stories about the family members and their relationship that offers them certain unique possibilities to act. Questions the presenters discuss with participants include: How to establish dialogues in family work? What is a problem? Why is supervision about truth telling? And how to avoid 'defensive organizational responses to problems', 'pathologizing clients' and the 'herofication' of the supervisee and the organization in supervision?

2) Crafting Therapeutic Letters in Narrative Therapy with Families and Children - David Nylund (USA)

The workshop highlights narrative therapy's imaginative collection of therapeutic letter writing practices with children, youth and families. David then guides participants through a Live demonstration interview that serves as the backdrop to carefully outline the structure, purpose and creative possibilities involved with writing therapeutic letters. Participants are invited to write a response to the Live interview by writing a therapeutic letter (in either Norwegian or English).

3) Who is this Gilles Deleuze and why might he matter for Narrative Practice? - Todd May (USA)

Near the end of his life Michael White took an interest in the philosophical views of philosopher Gilles Deleuze's. This workshop offers an overview of Deleuze and discusses why his thought matters for thinking about the basis of narrative practice.

Day 3- Friday April 5th

Keynote address - 8:45 - 9:30 am
Todd May (USA)

Narrative Meaning in Times of Political Crisis?

Narrative Practice has always been attuned to what is outside the room where conversations take place. What is outside the room at this particular historical moment is a crisis of the political order. The keynote ponders the question of how to think about the meaningfulness of our lives in regard to the political crisis we face.

DAY - 3 MORNING WORKSHOPS FRIDAY April 5th

1) Relational Recovery in Mental Health Care - Ottar Ness (Norway)

Relational recovery is a central paradigm shift within the field of mental health. Relational recovery is based on the research that therapy and medication is *not* on the top list of what persons report as helpful for their recovery. Ottar presents ideas from a narrative and relational practice perspective that has shown to be useful to support people's mental health recovery processes.

2) Queer Informed Narrative Therapy Practices - David Nylund (USA)

Working as both co-founder and Clinical Director of the Gender Health Centre, and at the University of California Social Work, David presents on the ethics and tenets of queer informed narrative therapy with families. The practices of queer informed narrative therapy are illustrated through videos, unaltered transcripts and therapeutic letters demonstrating David's work with trans and queer youth and their families.

3) In Pursuit of Children's Moral Character and Imaginative Know-How (Part One) - David Marsten (USA)

Meeting and interviewing children according to their 'wonderfulnesses' ahead of any problem clues therapists into what the child may have in hand to meet problems with. Such an inquiry brings the child's imagination forward and prepares them for the kind of moral deliberation often thought to be beyond their reach. Through several demonstrations of direct practice (unaltered transcripts, videos, letters) David discusses how, even in experiences of child protection/welfare, trauma and crisis, young people can apply their imaginations and establish platforms for decisive action.

Lunch 12:30- 2:00



Day 3 - AFTERNOON WORKSHOPS 2:00 – 5:00 pm
April 5th

1) Live Narrative Therapy Team Supervision with Couples –
Stein-Roger Brønseth + Couple Conflict Team Guests
(Norway) and Stephen Madigan (Canada)

Stein-Roger Brønseth – leader of Trondheim’s family therapy clinic high conflict team (+ a National Couple Conflict Team member) demonstrate how the Teams work in their regular Relational Interviewing supervision with Stephen Madigan across different cultural and language meaning contexts of narrative practice. Live supervision demonstrations, videos, therapeutic letters and discussions on their research project with Ottar Ness.

2) Why old school externalizing conversations are still new
Harald Øhrn & Erling Fidjestøl (Norway)

Erling and Harold present an ‘old school’ externalizing conversation with a young woman imprisoned by anxiety and anorexia. Participants are invited into an intimate, close-up review of the unaltered therapeutic questions asked (written up on the board) - while excerpts of the audiotaped session conversation is being played. The presenting therapist will then be interviewed and interrogated regarding his questions and therapeutic thinking of the interview and - participants’ questions and comments are warmly welcomed.

3) In Pursuit of Children’s Moral Character and
Imaginative Know-How (Part Two) ~ David Marsten (USA)

Through the use of unaltered transcripts and videos of narrative therapy and Wonderfulness interviews, David continues to guide participants and illustrates how children—even those in the most despairing circumstances—can be supported in finding their moral footing and take action.

Thank You to all our volunteers, Participants and Presenters. We hope to see you soon at

[TCTV.live](https://www.tctv.live)

