

Practicing Purposefully SYSTEMIC PRACTICE

The Tree of Life

The Tree of Life is a tool created by Ncazelo Ncube (2006). It is a metaphorical activity in which each element of the tree is used to tell stories about one's life. The idea is to help the individual to discuss their life and to create a strength based picture of hope and values which helps with a person's identity and can give birth to new positive, stronger narratives they have about themselves.

It is important when doing this piece of work that it is done alongside the person, the professional should be curious and ask questions about the person's life experiences, noticing those shiny moments of strength, the things which have influenced the individual in their life and build upon these stories, thickening them so that they become not only noticeable to the person but also are fully adopted within a person's identity.

It is a helpful tool for individuals to feel connected again to their values, morals, relationships and life experiences. It can be used for those recovering from addictions, mental health, survivors of abuse or trauma. It is equally useful to use with young people as well as adults. It can take several sessions to complete a Tree with someone – this is fine. The therapeutic element is often in the story telling that accompanies the creation of the Tree.



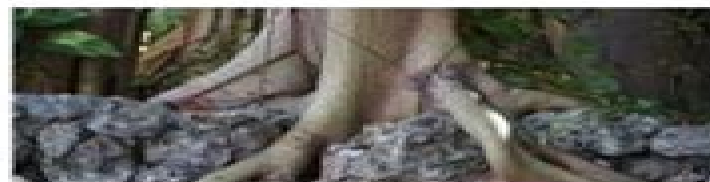
Start with the roots:



Think about where they have come from; their past history; how their past influences them today; favourite memories; list areas they have lived, people they have met, schools they attended, and lessons they've learnt etc.

Ground:

This is the present– so where do they live now? Who do they live with or see regularly? Who has a positive influence on them as a person? What activities do they do in their spare time? What influences are there from everyday life? What values do they have? The ground could be smooth, or maybe a little bumpy, with rocks in there perhaps. However the person wants to demonstrate their life in the 'now' is fine.



Trunk:

The trunk is the person's skills and abilities. Their unique characterisations that make them, *them*. It could be their hobbies or what they're good at. It could include the perspectives of others here as well, what would others say were their skills and personality traits? If they feel confident in these skills and abilities the trunk may be a thick solid one; if they feel a little unsure or going

Tree Of Life Project Ncube 2006

Laura Smith



Tree Of Life Project Ncube 2006:

A Journey into the Human Experience of Incurable Disease Malcolm de Roubaix, 2023-06-05 Incurable disease is a natural phenomenon inherent to the human condition This book critically investigates the uniquely human experience of and response to illness and treatment which affects the body the mind and the very core of human existence and identity Uncertainties regarding the outcomes of laboratory and other investigations that aid in the diagnosis and assessment of disease exacerbate the apprehension inherent to the diagnosis of incurable disease An excessively scientific approach may disregard the suffering patient The book begins by analysing the nature meaning and significance of hope in the context of disease and goes on to reflect on the language of medicine and the role of emotion ideology and politics in disease treatment and research The epilogue reflects on healing as distinct from physical cures Without hope there is no future without healing no holistic recovery The final chapters are devoted to the end of life period of this journey This book is a revision extension and reconceptualization of the original Afrikaans publication Hoop Heling en Harmonie Dink Nuut Oor Siekte en Genesing winner of the 2021 Andrew Murray Prize for Theological Publications **Social Work** Louise Harms, Marie Connolly, 2023-07-19 Social Work From Theory to Practice provides a critical introduction to core and emerging theories of social work and teaches students in Australia and Aotearoa New Zealand how to apply these theories in their practice to facilitate change The fourth edition introduces a cultural lens through which to interrogate theory A new chapter on Aboriginal perspectives explores a range of theories from emancipatory frameworks and approaches to deep listening and provides insights for students on how to decolonise their practice and responsibly provide socially just outcomes for communities New discussions on navigating the service system feminist and anti oppressive approaches sustainability and the impact of COVID 19 on social workers and the communities they serve are included throughout the book Each chapter includes reflections from social workers and case examples with accompanying questions New end of chapter questions help students engage critically with the content **The Oxford Handbook of Child-Centered Approaches to Migrant Children** Zorana Medaric, Mateja Sedmak, 2025 The Oxford Handbook of Child Centered Approaches to Migrant Children provides a comprehensive overview of the key issues and debates shaping the child centred approach to migrant children It presents key concepts approaches and methods as well as case studies legal and policy issues In this way the Handbook provides foundational knowledge that can be utilised in further research and practice with migrant children in different contexts Clinical Practice at the Edge of Care Laura Smith, 2016-12-07 This book brings together psychological and psychotherapeutic contributions in clinical practice with at risk children and their families Chapters by experts working in a range of edge of care settings give an essential account of real world clinical challenges and dilemmas whilst drawing on relevant theory and the growing evidence base for edge of care work with children and families This title will be of interest to both clinical and social work practitioners those commissioning and developing best practice in edge of care services

scholars and students of Clinical Psychology Systemic Psychotherapy and related disciplines

Reimagining Race in Psychology Yetunde Ade-Serrano, Ohemaa Nkansa-Dwamena, 2024-12-09 This important book brings together race mental health and applied psychology unpacking these areas from differing perspectives and offering new insights in support of training and development of practice The ability to work with issues of race and intersectionality within psychology is vital Contributors with experience in counselling psychology and applied psychology from across varied social contexts and professional settings reframe and challenge familiar concepts such as movements to decolonise the curriculum psychology and therapy The chapters offer clinical vignettes lived experiences and reflective questions to provoke the reader's thinking and engage with curiosity and sensitivity around cultural bias discrimination language and the evolution of terminologies This book captures the relationship between the ethos of counselling psychology and race offering a much needed guide for how to encompass race and racialised experiences in the training and practice of psychology Rooted in the United Kingdom context but applicable more widely contributions cover training supervision ethical practice racial trauma bias and diagnosis and politics as well as perspectives and approaches in practice at the intersection of race and gender age neurodiversity sexuality and spirituality This is a key resource for the continued development of in training and experienced psychologists and psychotherapists as well as other practitioners within the mental health and allied professions It will also be of use to students in clinical training programmes and courses such as applied psychology counselling and psychotherapy

Out of the Mainstream: Helping the children of parents with a mental illness Rosemary Loshak, 2013-01-17 Out of the Mainstream identifies those aspects of mental illness which can compromise parenting and affect children's development as well as the efforts of professionals to intervene effectively With chapters from professionals working primarily with children or adults in different agencies and in specialist teams or in the community the book illustrates the ways in which the needs of mentally ill parents and their children can be understood The book outlines different theoretical approaches which may be in use alongside each other including A systems theory approach to work with families and with agencies The psychoanalytic understanding of mental illness and its impact on family relationships and organisations An educational approach to supporting staff children and parents A psychiatric or bio medical model of work Out of the Mainstream considers how the diverse groups of agencies specialist teams and groups in the community can work together even when many barriers may hinder the effective co working between individuals and these various groups It will be an invaluable resource for psychologists psychiatrists social workers health visitors mental health nurses teachers and voluntary sector agency staff

Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists Rachel Tribe, Jean Morrissey, 2015-01-30 Closer regulation of psychological counselling means that an awareness of the professional legal and ethical considerations is vital The second edition of Handbook of Professional and Ethical Practice offers a clear stimulating and structured introduction to a number of contemporary issues of professional and ethical practice Rachel Tribe

and Jean Morrissey have brought together updated re written and new contributions from professionals in the interrelated fields of psychology psychotherapy and counselling which illustrate the professional and ethical dilemmas involved in mental health practice Academic and clinical experiences are skilfully combined with personal reflection to produce a comprehensive resource that addresses challenges that therapeutic practitioners are faced with on a daily basis Each chapter places particular emphasis on the current codes of practice and ethical principles underpinning safe ethical practice and the implications for practitioners Comprehensive coverage of the legal clinical and ethical considerations involved in research and training is provided and the reflective questions at the end of every chapter serve to prompt further discussion of the issues Chapters are enhanced by clinical vignettes that illustrate the particular issues at hand as well as detailed bibliographies that point the reader towards the latest literature on the subject The book is divided into 5 sections Professional practice and ethical considerations Legal considerations and responsibilities Clinical considerations and responsibilities Working with diversity professional practice and ethical considerations Research Supervision and Training This new updated edition reflects the changes in the environment in which therapists and psychologists work Covering a wide range of perspectives clinical settings and client populations Handbook of Professional and Ethical Practice 2nd edition will be an invaluable source of both information and inspiration to psychologists counsellors psychotherapists and practitioners of diverse orientations and stages of professional development and to those interested in a contemporary multi disciplinary approach to best practice in mental health

Narrative Practice: Continuing the Conversations Michael White, Michael Kingsley White, 2011-04-04 This book is an inclusion of papers that were originally given as plenary addresses The author s descriptions of his work with a number of people are also included in the book In these descriptions we are treated not only to the details of his work but we see the exquisite care he took in his therapy relationships

Preventing Violent Radicalisation in Europe Patrizia Meringolo, 2020-10-03 This book brings together the latest literature and European experiences on preventing youth violent radicalisation and violent actions in intergroup relations Youth violent radicalisation is a significant problem within the European context and requires an exploration of how various social actors can play an active role in preventing radicalisation in minors and young adults This complex issue needs to be explored through a multidisciplinary approach and effective operational models are needed in order to tackle it This book describes the theoretical framework for such an approach in all its facets The book s originality lies in its psychosocial and participatory approach aimed at improving results through professional training and community empowerment for building trusting relationships and educational activities It also proposes alternative narratives which are a way of representing people and groups within a social context thereby overcoming stereotyped visions and stigma This book focuses on participation and communication among stakeholders social inclusion strengthening democratic values and pursuing a proactive instead of a reactive approach to preventing radicalisation Highly topical the book will appeal to researchers and

students of the social and behavioural sciences interested in youth radicalisation including social work and social policy as well as practitioners working within the juvenile justice system

Urban Child and Adolescent Mental Health Services Taiwo Afuape, Inga-Britt Krause, 2016-05-05 Urban Child and Adolescent Mental Health Services weaves together different strands of mental health work undertaken in one inner city Child and Adolescent Mental Health Service by professionals working in a range of ways In particular it provides examples of how an urban CAMH service has been responsive to and influenced by local circumstances resources and knowledge The book explores the relationship between professionals and the community context which provides the background to the lives of individual service users and the families they serve and how this relationship is integral to the development of a responsive service The chapters cover a range of settings and approaches addressing the social cultural political and community contexts impacting on children young people and families In this way Urban Child and Adolescent Mental Health Services explores challenges and issues emerging in a responsive approach to child and family work in all community settings whether they be urban suburban or rural Urban Child and Adolescent Mental Health Services is intended for mental health and social care professionals involved in therapeutic social and pastoral work with children young people families and communities The book will be of interest to policy makers mental health and social care professionals health visitors general practitioners nurses and midwives as well as to trainees in these professions including trainee clinical psychologists social workers or psychoanalytic and systemic psychotherapists It will also appeal to those interested in responsive communities and critical approaches to therapeutic interventions in mental health work psychology psychotherapy and counselling

Liberation Practices Taiwo Afuape, Gillian Hughes, 2015-12-22 Liberation psychology is an approach that aims to understand wellbeing within the context of relationships of power and oppression and the sociopolitical structure in which these relationships exist Liberation Practices Towards Emotional Wellbeing Through Dialogue explores how wellbeing can be enhanced through dialogue which challenges oppressive social relational and cultural conditions and which can lead to individual and collective liberation Taiwo Afuape and Gillian Hughes have brought together a variety of contributors from a range of mental health professions and related disciplines working in different settings with diverse client groups Liberation Practices is a product of multiple dialogues about liberation practices and how this connects to personal and professional life experience Contributors offer an overview of liberation theories and approaches and through dialogue they examine liberatory practices to enhance emotional wellbeing drawing on examples from a range of creative and innovative projects in the UK and USA This book clearly outlines what liberation practices might look like in the context of the historical development of liberation theory and the current political and cultural context of working in the mental health and psychology field Liberation Practices will have a broad readership spanning clinical psychology psychotherapy and social work

Relational Practice: New Approaches to Mental Health and Wellbeing in Schools Sahaja Timothy Davis, Tom Billington, Mary Chilokoa, Claire-Marie Whiting, 2024-10-01 A clear and compelling text

written by teachers psychologists and educationalists Relational Practice New Approaches to Mental Health and Wellbeing in Schools proposes a dynamic and relational approach to supporting the mental health needs of children and young people within education Contributing authors advocate a movement away from the deficit medicalised model of mental health and instead encourage readers to embrace a relational approach considering philosophical and spiritual dimensions as well as the wider everyday contexts that shape the mental health of individuals groups and school communities Filled with case studies intervention strategies and CPD activities this essential guide bridges the gap between theory research and practice to offer evidence based resources for practical application within schools Areas covered include but are not limited to Supporting neurodivergent and LGBT students to thrive Creating and actioning an anti racist approach Multi agency interventions Relationships in SEND settings Creating a supportive culture to enhance staff wellbeing Appreciative inquiry Staff perceptions of Building Relational Schools BRS The role of intersubjective processes and the impact they have on relationships in educational settings Providing a comprehensive introduction to relational practice within education this is an indispensable resource for anyone working in education who wishes to support the mental health and wellbeing of their school community

Narrative Therapies with Children and Their Families Arlene Vetere, Emilia Dowling, 2016-09-02 Narrative Therapies with Children and their Families introduces and develops the principles of narrative approaches to systemic therapeutic work and shows how they can provide a powerful framework for engaging troubled children and their families Written by eminent and leading clinicians known nationally and internationally for their research and theory development in the field of child and family mental health the book covers a broad range of difficult and sensitive topics including trauma abuse and youth offending It illustrates the wide application of these principles in the context of the particular issues and challenges presented when working with children and families Since publication of the first edition the importance of narrative therapy has continued to grow and this new edition provides an updated and revised overview of the field along with three new chapters to keep apace with developments in child mental health trauma work This book remains a key text in the field of systemic narrative training and practice With clinical examples throughout this practical book will be welcomed by family and systemic therapists and other professionals in the field of child adolescent and family mental health

Social Work in War-Torn Contexts Shulamit Ramon, Darja Zaviršek, 2025-08-01 This book provides a wide ranging exposure of current developments related to war torn contexts post war societies and social work approaches as well as analysis of the key issues facing social work in war contexts The topic is timely due to the increased number of armed political conflicts the number of internally displaced people refugees and asylum seekers increased length of wars and consequently increased number of civil victims which contribute to an exponential growth in the demand for social work As there are few updated texts on this issue this book meets the considerable gap existing in the social work literature and includes updates as well as continuing trends Currently a huge number of countries are in a state of war in different

continents some of which have gone on for more than a decade Inevitably this fact has considerable implications for their social workers as well as for the people they serve with social workers in these countries sharing the reality of the war as citizens The war experience is known to have long lasting intergenerational impacts It also has a strong impact on the many other countries that receive refugees and asylum seekers and or support militarily another country at war and or refuse to support it The book's country focused chapters on Afghanistan Bosnia and Herzegovina Greece Israel Italy Jordan Northern Ireland Serbia South Sudan Syria UK and Ukraine cover major topics including The contexts of armed political conflicts from a social work perspective The impact of war on disadvantaged individuals and groups Forced migration Post war societies and post war reconstructions from a social work perspective The ethical issues related to war and peace from a social work perspective The implication for social work education and research Social Work in War Torn Contexts is an important and timely resource for social work and social science researchers lecturers in different areas of social sciences social work practitioners as well as students Politicians war correspondents international humanitarian organizations and volunteers also will find the book of interest

Re/Formation and Identity Deborah J. Johnson, Susan S. Chuang, Jenny Glozman, 2021-12-02 This innovative book applies contemporary and emergent theories of identity formation to timely questions of identity re formation and development in immigrant families across diverse ethnicities and age groups Researchers from across the globe examine the ways in which immigrants from Africa Asia Europe and Latin America dynamically adjust adapt and resist aspects of their identities in their host countries as a form of resilience The book provides a multidisciplinary approach to studying the multidimensional complexities of identity development and immigration and offers critical insights on the experiences of immigrant families Key areas of coverage include Factors that affect identity formation readjustment and maintenance including individual differences and social environments Influences of intersecting immigrant ecologies such as family community and complex multidimensions of culture on identity development Current identity theories and their effectiveness at addressing issues of ethnicity culture and immigration Research challenges to studying various forms of identity Re Formation and Identity The Intersectionality of Development Culture and Immigration is an essential resource for researchers professors and graduate students as well as clinicians professionals and policymakers in the fields of developmental social and cross cultural psychology parenting and family studies social work and all interrelated disciplines

Unaccompanied Young Migrants Sue Clayton, Anna Gupta, Katie Willis, 2019-01-30 Taking a multi disciplinary perspective and one grounded in human rights Unaccompanied young migrants explores in depth the journeys migrant youths take through the UK legal and care systems Arriving with little agency what becomes of these children as they grow and assume new roles and identities only to risk losing legal protection as they reach eighteen Through international studies and crucially the voices of the young migrants themselves the book examines the narratives they present and the frameworks of culture and legislation into which they are placed It challenges existing policy and questions

from a social justice perspective what the treatment of this group tells us about our systems and the cultural presuppositions on which they depend

Discursive Perspectives in Therapeutic Practice Andy Lock, Tom Strong, 2012-04-05 For an endeavour that is largely based on conversation it may seem obvious to suggest that psychotherapy is discursive After all therapists and clients primarily use talk or forms of discourse to accomplish therapeutic aims However talk or discourse has usually been seen as secondary to the actual business of therapy a necessary conduit for exchanging information between therapist and client but seldom more Psychotherapy primarily developed by mapping particular experiential domains in ways responsive to human intervention Only recently though has the role that discourse plays been recognized as a focus in itself for analysis and intervention Discursive Perspectives in Therapeutic Practice presents an overview of discursive perspectives in therapy along with an account of their conceptual underpinnings The book starts by setting out the case for a discursive and relational approach to therapy by juxtaposing it to the tradition that leads to the diagnostic approach of the DSM V and medical psychiatry It then presents a thorough review of a range of innovative discursive methods each presented by an authority in their respective area The book shows how discursive therapies can help people construct a better sense of their world and move beyond the constraints caused by the cultural preconceptions opinions and values the client has about the world The book makes a unique contribution to the philosophy and psychiatry literature in examining both the philosophical bases of discursive therapy whilst also showing how discursive perspectives can be applied in real therapeutic situations The book will be of great value and interest to psychotherapists and psychiatrists wishing to understand explore and apply these innovative techniques

Building Resilience to Trauma Elaine Miller-Karas, 2015-02-20 After a traumatic experience survivors often experience a cascade of physical emotional cognitive behavioral and spiritual responses that leave them feeling unbalanced and threatened Building Resilience to Trauma explains these common responses from a biological perspective reframing the human experience from one of shame and pathology to one of hope and biology It also presents alternative approaches the Trauma Resiliency Model TRM and the Community Resiliency Model CRM which offer concrete and practical skills that resonate with what we know about the biology of trauma In programs co sponsored by the World Health Organization the Unitarian Universalist Service Committee ADRA International and the department of behavioral health of San Bernardino County the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue

Therapy, Culture and Spirituality G. Nolan, W. West, 2014-12-04 This edited collection addresses how therapy can engage with issues of race culture religion and spirituality It is a response to the need for practitioners to further their understanding and skills base in developing ways of appropriately responding to the interconnectivity of these evolving issues

Perspectives from a

Psych-Oncology Team Working with Teenagers and Young Adults with Cancer Jane Elfer, 2023-03-31 Exploring the work of a Psych Oncology Team in an inpatient and outpatient setting this powerful interesting and engaging book is about teenagers and young adults diagnosed with cancer As part of the few multidisciplinary teams of this type in the United Kingdom the authors offer helpful insights into supporting young people and their families as they navigate this complex and devastating disease writing on key areas such as trauma the effects of early childhood cancer in adolescence and beyond the social and cultural effects of cancer treatment hope and hopelessness and questions of mortality Each chapter contains a mixture of clinical reflections and patient vignettes along with clear guidance about how to support patients and their families both during and after treatment and at the point of death too With a compassionate approach to understanding the challenges for patients their families and clinicians alike this is a book for nurses doctors occupational therapists and physiotherapists for parents and carers and for young people who find themselves in this position and who can easily feel as though they are alone with their overwhelming feelings

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