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# NARRATIVE THERAPY

## TREE OF LIFE - WORKSHEETS

### MY TREE OF LIFE

The tree of life symbolizes your life and elements from your past, present and future. Use this worksheet to understand a lot more about yourself and who you want to be in the future.

**Leaves: significant people**  
Those who are special and important to you.

**Fruits and flowers: life's gifts**  
Gifts, gifts, gains and rewards. Legacies you want to leave with others or left to you.

**Branches: hopes and dreams**  
What direction do you hope your life will take? What kind of person do you want to be?

**Stems: life's challenges**  
What problems are you facing?

**Ground: the present**  
Where are you now? How do you spend most of your days?

**Trunk: skills and strengths**  
What are you good at? What are your values?

**Roots: where you come from**  
Your origin, culture, religion, city, country.



### MY TREE OF LIFE STORY



### MY TREE OF LIFE STORY

Use this story line to write down your narrative. You have a root, and all the other parts. Use this to write your story. Use this to write your story. Use this to write your story.



**ROOTS - WHERE YOU COME FROM**

**TRUNK - SKILLS AND STRENGTHS**

**BRANCHES - HOPES AND DREAMS**

**LEAVES - SIGNIFICANT PEOPLE**

**FRUITS AND FLOWERS - LIFE'S GIFTS**

**ROOTS - WHERE YOU COME FROM**

**TRUNK - SKILLS AND STRENGTHS**

**BRANCHES - HOPES AND DREAMS**

**LEAVES - SIGNIFICANT PEOPLE**

**FRUITS AND FLOWERS - LIFE'S GIFTS**

# Tree Of Life Narrative Therapy

**Ndidi Boakye, Amanda Mwale**



## **Tree Of Life Narrative Therapy:**

NARRATIVE THERAPY GUIDE ,2025      *Trauma Counseling* Lisa Lopez Levers,2012-03-15 Print CourseSmart

*Narrative Therapy with Older Adults* Esther Chow,Lauren Taylor,Ada C. Mui,2025-08-19 Around the world growing populations of older adults need social care Aging is typically associated with steady physical and cognitive decline the practice of narrative therapy by contrast focuses on the resilience of the older adults by encouraging the construction of meaningful life stories Practitioners engage participants to revisit their personal journeys to uncover their life lessons finding core beliefs and values to help cope with new challenges Ultimately narrative therapy helps older adults recover meaning in life by inviting them to recollect and commemorate their life experiences This book is an in depth guide to narrative therapy for students and practitioners in health care social work gerontology and counseling showing readers how to develop a culturally sensitive practice framework with older adults It presents a step by step manual on the therapeutic use of narrative describing the theories methods skills and techniques of transformative narrative practice with older people in individual family group and collective settings Drawing on extensive clinical practice with older adults in Hong Kong and New York City the authors explore narrative methods in divergent cultural contexts to advance a globally minded approach Bringing narrative therapy to gerontological practice in culturally sensitive ways this book foregrounds alternative models of aging that celebrate a life worth living

*Sing Me a Song to SOAR* Julie Morsillo,2024-12-12 Life can be so very challenging People experiencing dark nights of the soul need support to make their way through the tough times and find the light of the morning This handbook for counsellors offers some helpful tools to support others through their dark times finding hope in their redemptive stories for healing This hope is life giving and allows one to SOAR through stories of personal meaning with other respectful relationships beside us a community encircling us and restorative time to flourish in nature This practical handbook includes twenty six worksheets with prompts offers nourishing poems and integrates theory and practice using positive psychology and narrative therapy principles It focuses on connection using the power of life stories approached from personal relational community and nature aspects There are many resources in each section for further insights This handbook also contains creative ideas for working with children youth refugees those grieving and those traumatized in order to help improve self compassion and a sense of identity for hopeful redemptive stories to soar in life

*Systemic Approaches to Brain Injury Treatment* Ndidi Boakye,Amanda Mwale,2022-12-22 This book is an exploration of key systemic and socio political considerations when working with people whose lives have been impacted by neurological injury and those who care for them Expert contributors consider the impact of intersectionality across domains that include gender sexuality class education religion and spirituality race culture and ability disability It offers relevant literature in the field of neuropsychology as well as clinical case studies that provide inspiration and key reflections for clinicians neurological specialist therapists and medical staff alike Chapters discuss navigating intersectionality in couple therapy hidden social

inequalities in paediatric neurorehabilitation racial microaggression in inpatient settings and more This book is essential for all health and social care practitioners working in the field of brain injury and chronic illness who want to challenge the status quo and advocate for diversity and inclusion **Trauma and Expressive Arts Therapy** Cathy A.

Malchiodi,2020-03-27 Psychological trauma can be a life changing experience that affects multiple facets of health and well being The nature of trauma is to impact the mind and body in unpredictable and multidimensional ways It can be a highly subjective that is difficult or even impossible to explain with words It also can impact the body in highly individualized ways and result in complex symptoms that affect memory social engagement and quality of life While many people overcome trauma with resilience and without long term effects many do not Trauma s impact often requires approaches that address the sensory based experiences many survivors report The expressive arts therapy the purposeful application of art music dance movement dramatic enactment creative writing and imaginative play are largely non verbal ways of self expression of feelings and perceptions More importantly they are action oriented and tap implicit embodied experiences of trauma that can defy expression through verbal therapy or logic Based on current evidence based and emerging brain body practices there are eight key reasons for including expressive arts in trauma intervention covered in this book 1 letting the senses tell the story 2 self soothing mind and body 3 engaging the body 4 enhancing nonverbal communication 5 recovering self efficacy 6 rescripting the trauma story 7 making meaning and 8 restoring aliveness *Oxford Textbook of Palliative Care for Children*

Richard Hain,Ann Goldman,Adam Rapoport,Michelle Meiring,2021 Comprehensive in scope exhaustive in detail and definitive in authority this third edition has been thoroughly updated to cover new practices current epidemiological data and the evolving models that support the delivery of palliative medicine to children This book is an essential resource for anyone who works with children worldwide Teaching and Learning in Ecosocial Work Catherine Forde,Satu Ranta-Tyrkkö,Pieter Lievens,Komalsingh Rambaree,Helena Belchior-Rocha,2024-09-10 This book aims to champion teaching and learning of ecosocial work in educational institutions which offer social work and related programmes It is the first book to focus specifically on teaching and learning in ecosocial work and one of the first to incorporate student perspectives on and initiatives in ecosocial work teaching learning and practice Ecosocial work is an evolving framework to learn about and practice social work from the premise that humans are part of the web of life on Earth While this understanding should guide human activities current planetary scale anthropogenic socio environmental problems such as the climate crisis ocean acidification biodiversity and species loss prove the opposite Social work and allied professions stem from the same anthropocentric world view and need to reconfigure their relationship to other than humans and the planetary limits of existence This requires in depth renewal of social work and related professions and an ecosocial ecological paradigm change in which education is pivotal Written by academics students and practitioners working in different parts of the world and offering interdisciplinary perspectives the book provides Chapters and case studies on concepts methods and experiences of

teaching and learning in ecosocial work Discussion of the current terrain of ecosocial work in principle and practice Ideas on the kinds of new thinking ecosocial work requires and on how these can be taught and practiced promoting economic social and environmental sustainability This book makes an original and internationally acclaimed contribution to ecosocial work education As the conduit for preparing social workers to become active agents of ecosocial change critical attention is given to the importance of education as foundational to this professional endeavour This book provides essential reading for all social work professionals scholars educators and learning institutions Heather Boetto Associate Professor Charles Stuart University Australia A comprehensive book about the challenges and opportunities of teaching the ecosocial framework in social work Various perspectives open up new possibilities for understanding the practices of teaching ecosocial work in different contexts A strong reading recommendation for anyone interested in understanding and teaching the relationship between social work and environmental issues Kati N rhi Professor University of Jyv skyl Finland

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

**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 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

*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

Islāmic Counselling and Psychotherapy G. Hussein Rassool, 2024-10-08 Isl mic Counselling and Psychotherapy An Introduction to Theory and Practice provides foundation level knowledge of and perspective on the fundamental principles and practices of counselling and psychotherapy from an Isl mic perspective This groundbreaking practical framework incorporates Isl mic spirituality religion and cultural contexts into the therapeutic process It makes the case that authentic Isl mic spirituality based on submission to God forms the cornerstone of good mental health The book s foundation focuses on the therapist s role and ethical considerations specific to Isl mic psychotherapy It explores the integration of Qur nic teachings and h d ths and delves into dream interpretation and the clinical applications of the Siraat Al Isl mic psychotherapy practice model This thoroughly revised new edition also highlights advances and developments in scholarship and evidence based practices and introduces postmodern psychotherapy approaches like narrative and hope therapy This text provides a clear understanding of the nature scope and process of Isl mic psychotherapy for Isl mic practitioners or clinicians working with Muslim clients

An Introduction to Counselling and Psychotherapy: Theory, Research, Practice and Social Purpose, 7th Edition John McLeod, 2025-03-25 An Introduction to Counselling and Psychotherapy builds on the existing strengths of John McLeod s research and professional experience This title provides a comprehensive introduction to the research and practice of counselling and psychotherapy and enables students to develop their confidence in deploying a range of therapeutic models With renewed focus on issues of social justice and in depth consideration of how best to respond to contemporary developments within and beyond the therapy session McLeod s most recent edition provides students with the skills required to navigate their early careers in a post Covid19 context Complete with case studies and topics for discussion this core textbook acts as a one stop shop for students on a wide variety of counselling training programmes John McLeod is a household name in the world of C P education John has held Professorial position at the Universities of Keele Abertay Olso Padua and Massey and at the Institute

for Integrative Counselling and Psychotherapy Dublin He has published 14 books and more than 100 articles and chapters and has an international reputation as a leading figure in counselling and psychotherapy practice and research

**Stories of Therapy, Stories of Faith** Lex McMillan, Sarah Penwarden, Siobhan Hunt, 2017-03-28 Stories of Therapy Stories of Faith is a collection of stories from therapists who have amplified the theology already present in their work In particular these authors a group of counseling practitioners and educators bring forward a dialogue between their practices and a social Trinitarian theology that emphasizes the relational nature of God and humans The resulting stories of practice give voice to the ethical hope that counseling practice is participation in the redemptive story of the Gospel The authors write about their motivations for practice in initiatives as diverse as parenting trauma work opposing bullying in schools reengaging orphaned African children with their heritage providing hospitality for difference and counselor education Stories of Therapy Stories of Faith will be of interest to counselors and counselor educators particularly those drawn to developing their ethical and theological commitments within their therapeutic practices

**Understanding and Supporting Refugee Children and Young People** Tina Rae, 2023-05-11 This book is the go to resource for those parents and professionals seeking to support children through the trauma of war and conflict Not only does it provide the evidence base for effectively integrating refugee children into their new schools but it also introduces the reader to a range of key tools and strategies to both understand and manage anxiety and trauma related behaviours Practical and user friendly it demystifies the process of talking about difficult topics providing helpful advice on how to do this in a trauma informed way making use of effective tools from therapeutic approaches to help our children and ourselves remain regulated and able to engage in post traumatic growth

**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

**EBOOK: An Introduction to Counselling and Psychotherapy: Theory, Research and Practice** John McLeod, 2019-09-05 John McLeod s bestseller provides a comprehensive research informed overview of the theory and practice of counselling and psychotherapy This new edition has been expanded

to cover emerging aspects of contemporary practice such as debates around neuroscience and integration third wave cognitive behavioural therapies such as ACT mindfulness and FAP the experience of being a client motivational interviewing interpersonal psychotherapy social dimensions of therapy leaving therapy gender and sexuality spirituality and key counselling and therapeutic skills and techniques This sixth edition has been fully updated and revised throughout and is separated into a four part structure for easy navigation Each chapter also enhances learning with the following resources Case studies Landmark and contemporary research studies Topics for reflection and discussion Suggested further reading An Introduction to Counselling and Psychotherapy has been the book of choice for students and tutors on introductory courses for over 25 years Professor John McLeod's Introduction to Counselling and Psychotherapy is a classic text In providing a comprehensive perspective on the field it goes well beyond being a mere introduction Not only does it deliver an encyclopaedic amount of information but it also presents this information in an incredibly captivating manner There is simply no other book on the topic to match it This new edition truly faithful to its predecessors maps new innovations in the context of previous generations viewpoints This is the book on counselling and psychotherapy Ladislav Timulak PhD Course Director Doctorate in Counselling Psychology Trinity College Dublin John McLeod has a talent for bringing readers into intimate contact with the experience of another person's experience Through his evocative descriptions accessible language and plentiful examples you will find yourself looking through the eyes of both clients and therapists and developing a depth of understanding about important processes in psychotherapy His position at the vanguard of psychotherapy research allows him to bring to life the practice of psychotherapy while posing research questions and stimulating curiosity about findings His valuing of varied approaches to psychotherapy invites the reader to connect with diverse perspectives and consider their own beliefs Heidi M Levitt PhD University of Massachusetts Boston USA

**Spirituality in Systemic Family Therapy Supervision and Training** Suzanne M. Coyle, 2022-03-01 This book examines the implications of exploring spirituality through the lens of human relationships It addresses systemic supervision and training and explores a systemic approach to the development of the self The book provides an educational methodology that lays a foundation in describing an operational model of spirituality that is applicable for both theistic and nontheistic perspectives In addition it details how spirituality is itself a diversity as well as explores spirituality through a lens of diversity In addition a pilot research project on spirituality set in a MFT Live Supervision Group illustrates how to apply a systemic approach to spirituality Finally the book offers examples of practice using spirituality in various training settings Key areas of coverage include How a systemic approach to spirituality enables the lens of relationship and diversity to enrich supervising and teaching family therapy emerging from the self of therapist concerns Theoretical perspectives that connect systemic practice with spirituality in an approach for family therapy How a systemic spiritual approach can be used in training marriage and family therapists Interventions that focus on how a relational systemic approach views transcendence and immanence from both clinical and spiritual perspectives



Concepts that inform supervision and training with the goals of educating students to be spiritually literate and spiritually sensitive Barriers to implementing this approach with examples of how to address such obstacles Spirituality in Systemic Family Therapy Supervision and Training is a must have resource for researchers professors graduate students as well as clinicians supervisors and professionals in clinical psychology family studies family therapy and public health as well as all interrelated disciplines

**The Oxford Handbook of Cognitive Analytic Therapy** Laura Brummer, Marisol Cavieres, Ranil Tan, 2024-02-28 The Oxford Handbook of Cognitive Analytic Therapy presents a comprehensive guide to the cognitive analytic therapy CAT model It balances established theory and practice alongside a focus on innovation in both direct work with clients and the application of CAT more broadly within teams organizations and training and as a model for leadership The volume includes a range of innovations in doing and using CAT which are directly applicable for those studying and working in health social care and private services across many specialties encompassing the entire lifespan This includes child and adolescent services working age through to older adults individuals engaged with mental health services and within forensic and prison populations and those experiencing physical health and neurological difficulties both in community and inpatient settings Given the social and dialogic origins of CAT the book acknowledges the importance of the wider social cultural and political factors that can shape an individual's understanding of self and other with chapters that both apply a CAT understanding to key issues such as racism and social context and provide a critique to the extent in which CAT engages with these issues in practice This volume also has a focus on professional standards and governance encompassing training supervision and a competency framework and throughout the book the editors have endeavoured to include clients voices including personal reflections extracts from actual CATs and co produced chapters to ensure the book holds true to the collaborative nature of CAT

**Understanding Children's Spirituality** Kevin E. Lawson, 2012-03-22 How important is childhood in the spiritual formation of a person How do children experience God in the context of their lives as they grow What does God do in the lives of children to draw them to himself and help them grow into a vital relationship with him How can adults who care about children better support their spiritual growth and direct it toward relationship with God through Jesus Christ These are critical questions that church leaders face as they consider how best to nurture the faith of the children God brings into our lives In this book over two dozen Christian scholars and ministry leaders explore important issues about the spiritual life of children and ways parents church leaders and others who care about children can promote their spiritual formation

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