

Meaning: Lives in stories

Narrative Psychology



Positively Psychology

Lives in Stories

- Lives are embedded in the stories we hold
- Stories are built up with data from multiple sources – social origins
- We tend to act consistently with these stories
- Stories are dynamic, negotiable and unique
- Neuroplasticity
- Being part of something greater

NARRATIVE ACTIVITIES INCLUDE ...

- Use of selected stories to discuss specific points
- Co-exploration of own stories – written or verbal
- Mapping
- Ongoing class stories
- Story of the day
- Aspirational stories
- Metaphor



*The person is not the problem,
the problem is the problem.*

(White & Epston, 1988/89; Denborough, 2014)

Relocation of problems - Externalising

- When problems are viewed as inherent parts of people they are resistant to change
- Growth is facilitated when we re-locate challenges and solutions in the interaction between people and the world
- Problems and solutions are relocated through the use of relational language

Example

You are not bending your leg enough.

That leg doesn't want to bend.

Externalising sentences are powerful

They are usually longer and less familiar.

1. Jana is depressed Depression is really getting Jana down.
2. Ethan is a bad influence in
the playground Trouble is hanging around Ethan in the
playground.
3. Jolyn is shy Shyness is standing in the way of Jolyn's
friendships.

Overview of a narrative re-authoring process

1. **MAP** the challenge/opportunity. Listen for a **NAME** for the challenge/opportunity.
2. Identify the **SPARKLING MOMENTS** – often departures from the dominant story.
3. **POSITIVELY REFRAME THE STORY:** Build on sparkling moments to build a strong foundation for a new narrative.
4. **CO-CREATE** a new solution: **NAME** the solution.
5. **DOCUMENT** the solution through writing/picture/map.
6. **CONSOLIDATE** the new narrative with links to positive relationships.

Externalising or Internalising?

1. You're so lazy.
2. What is anger doing to your friendships?
3. Its because he's got attention deficit disorder.
4. She is a trouble-maker and causing massive problems in this class.
5. She is gifted, a bit of a nerd really.
6. Distraction is keeping you from showing us your best work.
7. Who is looking after the special needs children?

Children with additional challenges

- Challenges and solutions are located between the child and the world
- They can be named and externalized
- Expectations, opportunities and visions
- The role and effect of diagnosis
- Supporting or 'fixing'

