

Children First in collaboration with Dulwich Centre Foundation present

Diploma in Narrative Therapy & Community Work

Narrative therapy seeks to be a respectful, non-blaming approach to therapy and community work, which centres people as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, hopes and commitments that will assist them to reduce the influence of problems in their lives and move forward towards their preferred identities and future.

General Information about Dulwich Centre and Children First

The faculty

Dulwich Centre Foundation in Adelaide, Australia, is one of the key “homes” of narrative practice that was started by Michael White in 1983. The centre is involved in narrative approaches to therapy and community work, training, publishing, supporting practitioners in different parts of the world, and co-hosting international conferences.

Children First (CF) is a Child and Adolescent Mental Health Institute in Delhi & Gurugram, India. CF is a multidisciplinary team of mental health professionals. Their roles chiefly involve therapy, community work, and trainings among other areas of work.

Dulwich Centre Foundation and Children First have been working collaboratively since 2019 and this is the fourth batch they are co-facilitating.

The Online Course

This course will begin in April 2022 followed by 4 more teaching blocks in the year ahead. In total, there will 12 days of direct training besides which there will be a requirement to read continuously and submit written reflections on how the participants are using narrative ideas in their practice. Supervision feedback will be provided on these written reflections through the year.

Overall, it will be a skills-based course in narrative approaches to therapy and community work. In this way, it will be quite specific and rigorous. And will be most helpful for psychologists, therapists, counsellors, teachers, mental health social workers, and psychiatrists. Along with the teaching blocks, there will three blocks of supervision with Shelja Sen.

Key aspects of the course:

Overall structure

This programme will consist of:

- A series of workshops by Dulwich Centre International Faculty and Children First Faculty
- Regular structured reading program – 10 collections of reading
- Regular structured written reflections – to relate readings back to one’s practice.
- Supervision with Shelja Sen throughout the year
- Opportunity to be part of the Narrative Therapy Collective at Children First and supervision after the course completion.

The participants can opt for either of the two courses:

- 1) One Year Program in Narrative Therapy & Community Work – as described in the programme above
- 2) Diploma in Narrative Therapy & Community Work- The course work and the duration are same as described for the One Year Course. Additionally, those who successfully complete the Diploma will then be eligible for recognition of prior learning for one subject (i.e., they will be exempted from one subject out of 3 subjects) of the Master of Narrative Therapy and Community Work from University of Melbourne (more details later).

Topics

- Narrative Metaphor, Principles & Practice
- Deconstruction & Externalising conversations
- Reauthoring
- Inviting agency to reclaiming preferred identities
- Re-membering
- Outsider Witness Practice
- Documentation
- Absent but Implicit and Trauma
- Scaffolding Conversations

- Working with suicidal experiences
- Groupwork
- Community work and Tree of Life methodology

Diploma participants will get additional training and supervision:

- Participants will submit two recordings of 15 minutes of their practice, with transcription and analysis and receive supervision.
- Write a 5000-word project about how the participants have used narrative practice in their work over the year. The aim of this project is to support practitioners to be able to strengthen and be more skilled in using the narrative ideas and practices in their own context creatively.
- The Diploma participants will be exempted from one subject (out of 3) if they want to pursue Masters in Narrative Therapy & Community Work from University of Melbourne (cost would be readjusted accordingly).

Training Dates

Dates	Faculty
28 th , 29 th , 30 th April 2022	Shelja Sen & Jonaki Arora
7 th , 8 th , 9 th July 2022	Carolyn Markey
8 th , 9 th , 10 th December 2022	Chris Newman
3 rd , 4 th March 2023	David Newman
25 th March 2023	Shelja Sen

Supervision slots – 3 hours in the afternoon/evening	Faculty
June 2022	Shelja Sen
November 2022	Shelja Sen
February 2023	Shelja Sen

Course Fees:

Diploma in Narrative Therapy & Community Work

- Rs 60,500- with first Early Bird Discount - Valid till 19th February 2022
- Rs 65,500- with second Early Bird Discount - Valid till 7th March 2022
- Rs 75,500 thereafter

One Year Course in Narrative Therapy & Community Work

- Rs 35,500- with first Early Bird Discount- Valid till 19th February 2022
- Rs 40,500- with second Early Bird Discount - Valid till 7th March 2022
- Rs 50,500 thereafter

Coordinators of the course

Cheryl White is the Director of Dulwich Centre and the founder of Dulwich Centre Publications where she works as publisher, editor, teacher, training co-ordinator, conference host, and initiator of projects. Cheryl is the author/co- editor of various books, including A memory book for the field of narrative practice and Conversations about gender, culture, violence & narrative practice: Stories of hope and complexity from women of many cultures.

David Denborough works as a community worker, teacher and writer/editor for Dulwich Centre. He is particularly interested in cross-cultural partnerships which limit the chances of psychological colonization and create possibilities for cross-cultural inventions, such as the Team of Life Narrative Approach and Tree of Life (with Ncazelo Ncube-Mlilo).

Shelja Sen – details given under faculty

Faculty details:

Shelja Sen is a narrative therapist, writer and co-founder of Children First Institute of Child & Adolescent Mental Health, New Delhi, India. Her latest book is entitled ***Reclaim Your Life***. Shelja is a TED speaker and a columnist with Indian Express. She has been working as a narrative practitioner and teacher for over 20 years in the UK and India. She is a curator of the unique skills, expertise and know-how of children and youth she has the honour of working with. Shelja is a Tutor at Masters in Narrative Therapy and Community Work at University of Melbourne and international faculty at Dulwich Centre, Australia.

Jonaki Arora is a psychologist, Narrative Therapist and the head of Mental Health Services at Children First India. She has been practicing and teaching narrative therapy for over seven years. Jonaki uses narrative ideas and principles in her work with adolescents and young people by honouring their stories and experiences.

Carolyn Markey has practiced as a Narrative Therapist with children and families since the early 90s. Trained and supervised by Michael White, she is a senior faculty teaching member at the Dulwich Centre. Over the years she has developed collaborative ways to share and teach therapeutic skills with fun rigour and creativity. Carolyn has worked in schools non govt organizations particularly with children and families affected by and perpetrating violence and other unjust traumatic events. Currently she works as a team leader of 2 therapeutic teams at Relationships Australia, supporting and super-~~v~~ising counsellors working with children affected by homelessness.

Chris Dolman is Narrative Therapist and senior faculty at Dulwich Centre. He values and enjoys working with individuals, couples, children, and families who are responding to a broad range of problems and concerns in their lives and relationships. Chris works both in private practice and for a non-government organisation. In addition to having considerable experience in working with people facing issues of violence and abuse, he has worked with people around family separation, parenting, grief, addictions, mental health concerns, and relationship matters.

David Newman is a Narrative Therapist at Sydney Narrative Therapy. He is a senior faculty at Dulwich Centre and author of the influential paper, Rescuing the said from the saying of it: Living documentation in narrative therapy. He is currently passionate about working with those who are struggling with suicidal experience, narrative approaches to mental health work and the possibilities of group work.

Peer Tutors – Faculty from Dulwich Centre and Children First

All participants will receive a course handbook in the first week of April 2022 with all the details of the course

For more information or for queries, please email us at training@childrenfirstindia.com or shelja.sen@childrenfirstindia.com