

## narrative practice...



## Narrative practice

a promising approach for  
NASC work

Susie Kasza, RGON;  
Grad Dip Counselling,  
Narrative Practice



'The necessity of a  
therapeutic alliance as a  
precondition of an effective  
helping relationship is one of  
the few undisputed  
conclusions from outcome  
research over many years'

Bachelor and Hovarth, 1999;  
Garfield and Bergin, 1994

## Basic principles of Narrative Practice:

- Collaboration
- Strength and Resilience
- Externalisation

## Narrative Assumptions:

- Belief in resourcefulness
- Commitment to empowering  
processes
- Preference for partnership
- Striving for cultural curiosity

Emphasising problems → Emphasising  
competence  
Expert → Accountable Ally  
Professional Turf → Family Turf  
NASC Worker → Collaborative  
Colleague

## disability in a different way...

'What happened to the person I am and know myself to be?'

'What happened to my individual experiences, past & present?'

'How do I wish to relate to disability?'

'How do I wish to live my life?'

'And what of our individual hopes for our lives?'

...taikura**trust**  
valuing difference and  
supporting inclusion

## contact...

Susie Kasza

Taikura Trust

P.O. Box 23 054

Papatoetoe, Auckland

Email: [susie.kasza@taikura.org.nz](mailto:susie.kasza@taikura.org.nz)

Phone: 09 278 6314

Mobile: 0275 883315

...taikura**trust**  
valuing difference and  
supporting inclusion

## references...

- Freedman, Jill and Combs, Gene (1996) **Narrative Therapy: The Social Construction of Preferred Realities**. W.W. Norton & Company, New York
- Becker, Gay (1997) **Disrupted Lives: How People Create Meaning in a Chaotic World**. University of California Press, Berkeley, Los Angeles, London
- Madsen, William C (2003) **Collaborative Therapy with Multi-Stressed Families: From Old Problems to New Futures**. Guilford Press, New York.
- Frank, Arthur W (1995) **The Wounded Storyteller: Body, Illness, and Ethics**. The University of Chicago Press, Chicago and London.
- Eakin, Paul John (2004) **The Ethics of Life Writing**. Chapter 9, Frank, Arthur W. *Moral Non-fiction: Life Writing and Children's Disability*. Cornell University Press, Ithaca, London.
- White, Michael (2007) **Maps of Narrative Practice**. W.W. Norton & Company, New York, London
- Freeman, Jennifer, Epston, David and Lobovits, Dean (1997) **Playfull Approaches to Serious Problems**. W.W. Norton & Company, New York, London
- Freeman, Jennifer (May 2000) **Narrative Therapy with Children and their Families, Expressive Arts Workshop Materials**. From [www.narrativeapproaches.com](http://www.narrativeapproaches.com)
- Lorna Roberts, Bernie Francis, and Vi Eastham, **Forever Able**. Gecko 1999

...taikura**trust**  
valuing difference and  
supporting inclusion

thank you...

...taikura**trust**  
valuing difference and  
supporting inclusion