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Graduate Certificate in Narrative Therapy in Psychology

# Narrative Supervision and Consultation

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Narrative Supervision and Consultation:

Narrative supervision and consultation are essential components of the Graduate Certificate in Narrative Therapy in Psychology. These terms are crucial for professionals in the field of psychology as they provide a framework for reflecting on and improving their practice. In this course, students learn how to apply narrative therapy principles to their work with clients and how to engage in reflective practices through supervision and consultation.

Key Terms and Vocabulary:

1. Narrative Therapy:

Narrative therapy is a therapeutic approach that views individuals as the experts of their own lives. It focuses on the stories people tell about themselves and helps them re-author those stories in a way that promotes positive change. In narrative therapy, the therapist collaborates with the client to explore alternative narratives that can lead to new ways of understanding and responding to problems.

2. Supervision:

Supervision is a process in which a more experienced professional provides guidance and support to a less experienced colleague. In the context of narrative therapy, supervision involves reflecting on therapeutic practices, exploring ethical dilemmas, and receiving feedback on client cases. It is a space for learning, growth, and professional development.

3. Consultation:

Consultation is a collaborative process in which professionals seek advice or expertise from colleagues to enhance their practice. In narrative therapy, consultation may involve discussing challenging cases, exploring new interventions, or seeking input on ethical considerations. It provides an opportunity for therapists to broaden their perspectives and enhance their skills.

4. Reflective Practice:

Reflective practice is the process of critically examining one's own thoughts, feelings, and actions in order to improve professional practice. In narrative supervision and consultation, reflective practice is essential for gaining insight into the therapist-client relationship, identifying biases or assumptions, and exploring the impact of interventions on clients. It helps therapists become more self-aware and effective in their work.

5. Externalization:

Externalization is a key concept in narrative therapy that involves separating the person from the problem. By externalizing the problem, individuals can gain distance from it and view it as something separate from themselves. This process allows clients to challenge the problem's influence on their lives and empowers them to take control of their narratives.

#### 6. Re-authoring:

Re-authoring is the process of rewriting or reframing the stories people tell about themselves in a way that promotes growth and change. In narrative therapy, re-authoring involves exploring alternative narratives, challenging dominant discourses, and creating new meanings. It allows clients to reclaim agency over their lives and construct more empowering narratives.

#### 7. Deconstruction:

Deconstruction is a technique used in narrative therapy to challenge dominant or oppressive narratives that contribute to clients' problems. By deconstructing existing stories and examining the power dynamics at play, therapists can help clients identify alternative ways of understanding their experiences. Deconstruction opens up possibilities for new narratives and perspectives.

#### 8. Therapeutic Documents:

Therapeutic documents are written or visual representations of clients' stories that serve as tools for externalizing problems and exploring alternative narratives. These documents can include letters, maps, genograms, or other creative expressions that help clients make sense of their experiences and identities. Therapeutic documents are collaborative tools that facilitate meaning-making and reflection.

#### 9. Counter-storytelling:

Counter-storytelling is a practice in narrative therapy that involves highlighting alternative or marginalized narratives that challenge dominant discourses. By amplifying voices that have been silenced or ignored, therapists can help clients resist oppressive narratives and construct more inclusive and empowering stories. Counter-storytelling promotes social justice and cultural humility in therapy.

#### 10. Double-listening:

Double-listening is a foundational skill in narrative therapy that involves attending to both the problem-saturated stories and the preferred or alternative stories that clients bring to therapy. By listening for and amplifying the less dominant narratives, therapists can help clients shift their perspectives and re-author their stories. Double-listening honors the complexity of clients' experiences and promotes narrative flexibility.

#### 11. Unique Outcomes:

Unique outcomes are exceptions to the dominant problem narrative that highlight moments of strength, resilience, or creativity in clients' lives. In narrative therapy, therapists help clients identify and amplify these unique outcomes to challenge the problem-saturated stories and build on existing resources. Unique outcomes serve as seeds for new narratives and possibilities for change.

#### 12. Re-membering Conversations:

Re-membering conversations are therapeutic dialogues that focus on reconnecting clients with forgotten or overlooked aspects of their identities, relationships, or experiences. By re-membering forgotten stories or values, clients can reclaim lost parts of themselves and create more coherent narratives. Re-membering conversations promote healing, integration, and a sense of continuity.

#### 13. Scaffolding Questions:

Scaffolding questions are open-ended inquiries that therapists use to support clients in exploring their stories, values, and preferred outcomes. These questions help clients scaffold their narratives, clarify their intentions, and navigate the therapeutic process. Scaffolding questions guide clients in constructing meaningful and coherent narratives that align with their values and goals.

#### 14. Thick Description:

Thick description is a concept borrowed from anthropology that emphasizes the detailed and rich exploration of clients' experiences, contexts, and meanings. In narrative therapy, therapists aim to develop thick descriptions of clients' stories by attending to nuances, contradictions, and complexities. Thick description enhances therapists' understanding of clients' lived realities and informs the co-creation of new narratives.

#### 15. Collaborative Language Systems Approach:

The Collaborative Language Systems Approach is a foundational principle in narrative therapy that highlights the relational and social nature of meaning-making. This approach views therapy as a collaborative process in which therapists and clients co-create new meanings and stories. By engaging in dialogues that respect diverse perspectives and values, therapists can foster collaborative relationships and promote narrative change.

#### 16. Cultural Humility:

Cultural humility is an attitude of openness, curiosity, and respect toward clients' diverse cultural backgrounds, experiences, and identities. In narrative therapy, cultural humility involves acknowledging the impact of social, political, and historical contexts on clients' narratives and practices. Therapists practicing cultural humility strive to understand and honor clients' unique perspectives and stories.

#### 17. Narrative Ethics:

Narrative ethics refers to the ethical considerations and responsibilities that therapists must navigate when engaging in narrative practices. This includes respecting clients' autonomy, confidentiality, and self-determination, as well as critically examining power dynamics and social injustices in therapy. Narrative ethics guides therapists in promoting clients' well-being, agency, and dignity throughout the therapeutic process.

#### 18. Co-researcher Positioning:

Co-researcher positioning is an approach in narrative therapy that positions clients as experts in their own lives and collaborators in the therapeutic process. By engaging clients as co-researchers, therapists empower them to actively participate in constructing new narratives and solutions. Co-researcher positioning promotes client agency, self-determination, and ownership of the therapeutic journey.

#### 19. Re-signification:

Re-signification is the process of assigning new meanings or interpretations to clients' experiences, emotions, or identities. In narrative therapy, therapists help clients re-signify their stories by reframing negative or limiting narratives in a more empowering light. Re-signification opens up possibilities for clients to reinterpret their experiences, reclaim agency, and construct more hopeful narratives.

#### 20. Witnessing:

Witnessing is a practice in narrative therapy that involves acknowledging, validating, and honoring clients' stories, emotions, and experiences. By bearing witness to clients' narratives, therapists create a space for empathy, understanding, and connection. Witnessing helps clients feel heard, seen, and supported in their struggles and triumphs, fostering a sense of validation and solidarity.

#### 21. Narrative Coherence:

Narrative coherence refers to the sense of continuity, meaning, and purpose that clients derive from their stories and experiences. In narrative therapy, therapists work with clients to create coherent narratives that align with their values, goals, and identities. Narrative coherence helps clients make sense of their past, present, and future, facilitating personal growth, resilience, and empowerment.

#### 22. Therapeutic Alliance:

The therapeutic alliance is the collaborative and trusting relationship that develops between therapists and clients in therapy. In narrative supervision and consultation, therapists explore ways to strengthen the therapeutic alliance by fostering rapport, empathy, and authenticity. A strong therapeutic alliance is essential for creating a safe and supportive space for clients to explore their stories and work toward change.

#### 23. Narrative Practices:

Narrative practices are the therapeutic techniques, interventions, and approaches that therapists use to facilitate narrative change in clients. These practices include externalizing conversations, re-authoring dialogues, unique outcome inquiries, and counter-storytelling strategies. Narrative practices aim to help clients deconstruct problem-saturated narratives, construct preferred stories, and navigate their therapeutic journeys.

#### 24. Reflective Feedback:

Reflective feedback is a process in which supervisors or colleagues provide thoughtful, constructive, and non-judgmental feedback on therapists' clinical work. In narrative supervision and consultation, reflective feedback focuses on exploring therapists' assumptions, biases, strengths, and areas for growth. It helps therapists gain new perspectives, deepen their self-awareness, and enhance their clinical skills.

#### 25. Narrative Identity:

Narrative identity refers to the way individuals construct and make sense of their identities through the stories they tell about themselves. In narrative therapy, therapists help clients explore and reshape their narrative identities by challenging dominant narratives, exploring alternative perspectives, and re-authoring their life stories. Narrative identity work promotes self-awareness, self-acceptance, and personal growth.

#### 26. Narrative Co-construction:

Narrative co-construction is the collaborative process through which therapists and clients co-create new meanings, interpretations, and stories. In narrative therapy, therapists engage in narrative co-construction by listening attentively to clients' narratives, asking generative questions, and exploring alternative perspectives. Narrative co-construction fosters creativity, agency, and empowerment in therapy.

### 27. Narrative Flexibility:

Narrative flexibility refers to clients' ability to adapt, revise, and reframe their stories in response to changing circumstances, challenges, or goals. In narrative therapy, therapists help clients develop narrative flexibility by exploring multiple perspectives, experimenting with new narratives, and adapting their stories over time. Narrative flexibility allows clients to navigate complex experiences and emotions with resilience and creativity.

### 28. Narrative Reflexivity:

Narrative reflexivity is the process of critically reflecting on one's own narratives, assumptions, and values in therapy. In narrative supervision and consultation, therapists cultivate narrative reflexivity by examining the impact of their own stories on clients, exploring countertransference reactions, and challenging personal biases. Narrative reflexivity promotes therapists' self-awareness, ethical practice, and ongoing professional development.

### 29. Narrative Coherence Mapping:

Narrative coherence mapping is a visual tool used in narrative therapy to help clients explore the connections, themes, and patterns in their life stories. By mapping out key events, relationships, and emotions, clients can gain insight into the coherence and meaning of their narratives. Narrative coherence mapping facilitates reflection, integration, and the identification of preferred stories.

### 30. Narrative Re-authoring Rituals:

Narrative re-authoring rituals are symbolic or experiential practices used in narrative therapy to mark transitions, changes, or milestones in clients' narratives. These rituals may involve creating ceremonial objects, writing new narratives, or engaging in symbolic acts that reflect clients' preferred stories. Narrative re-authoring rituals honor clients' growth, resilience, and agency in their therapeutic journeys.

### 31. Collaborative Reflection:

Collaborative reflection is a practice in narrative supervision and consultation that involves therapists and colleagues reflecting together on clinical cases, ethical dilemmas, and therapeutic practices. By engaging in collaborative reflection, therapists can gain diverse perspectives, share insights, and co-create new understandings. Collaborative reflection promotes mutual learning, support, and growth in professional communities.

### 32. Narrative Metaphors:

Narrative metaphors are symbolic language or imagery used in narrative therapy to represent clients' experiences, emotions, or identities. These metaphors can help clients externalize problems, explore alternative perspectives, and reframe their stories. Narrative metaphors provide a creative and engaging way to deepen clients' understanding of their narratives and promote therapeutic change.

### 33. Narrative Inquiry:

Narrative inquiry is a research method that involves exploring individuals' stories, experiences, and meanings through qualitative analysis. In narrative therapy, therapists may engage in narrative inquiry to understand clients' narratives, identities, and cultural contexts. Narrative inquiry informs therapeutic practices, interventions, and ethical considerations, enhancing therapists' understanding of clients' diverse

narratives.

#### 34. Narrative Resilience:

Narrative resilience refers to clients' capacity to navigate adversity, trauma, or challenges by drawing on their strengths, values, and supportive narratives. In narrative therapy, therapists help clients cultivate narrative resilience by exploring past successes, reframing setbacks, and constructing hopeful narratives. Narrative resilience enables clients to cope with difficulties, build confidence, and create new possibilities for growth.

#### 35. Narrative Witnessing Practices:

Narrative witnessing practices are rituals or ceremonies used in narrative therapy to honor, validate, and celebrate clients' stories and journeys. These practices may involve sharing testimonials, creating commemorative objects, or engaging in reflective dialogues that acknowledge clients' resilience and growth. Narrative witnessing practices promote healing, connection, and empowerment in therapeutic relationships.

#### 36. Narrative Creativity:

Narrative creativity refers to clients' ability to imagine, create, and experiment with new stories, identities, or possibilities. In narrative therapy, therapists encourage clients to engage in narrative creativity by exploring alternative narratives, using expressive arts, or engaging in storytelling activities. Narrative creativity fosters clients' agency, resilience, and capacity to construct empowering narratives.

#### 37. Narrative Intersectionality:

Narrative intersectionality is the recognition of the complex and intersecting social identities, power dynamics, and cultural contexts that shape clients' narratives and experiences. In narrative therapy, therapists consider how clients' multiple identities (e.g., race, gender, sexuality) intersect and influence their stories. Narrative intersectionality promotes a deeper understanding of clients' lived realities and informs culturally responsive practices.

#### 38. Narrative Justice:

Narrative justice is the commitment to promoting fairness, equity, and social change through narrative practices. In narrative therapy, therapists advocate for narrative justice by challenging oppressive narratives, amplifying marginalized voices, and promoting social transformation. Narrative justice aligns with principles of social justice, cultural humility, and ethical practice in therapy.

#### 39. Narrative Transformation:

Narrative transformation refers to the process of shifting, reframing, or reconstructing clients' stories in ways that promote growth, healing, and empowerment. In narrative therapy, therapists facilitate narrative transformation by helping clients deconstruct problem-saturated narratives, co-create preferred stories, and navigate their therapeutic journeys. Narrative transformation leads to new meanings, perspectives, and possibilities for change.

#### 40. Narrative Integration:

Narrative integration is the process of weaving together clients' diverse narratives, identities, and

experiences into a coherent and empowering whole. In narrative therapy, therapists support clients in integrating fragmented stories, conflicting emotions, and diverse perspectives into a more cohesive narrative identity. Narrative integration promotes self-acceptance, self-understanding, and personal growth.

#### 41. Narrative Liberation:

Narrative liberation is the liberation of clients from restrictive, oppressive, or limiting narratives that constrain their agency, resilience, or well-being. In narrative therapy, therapists empower clients to challenge dominant discourses, re-author their stories, and reclaim ownership of their narratives. Narrative liberation fosters clients' autonomy, creativity, and capacity to construct more empowering narratives.

#### 42. Narrative Embodiment:

Narrative embodiment refers to the ways in which clients' stories, emotions, and identities are embodied, expressed, and experienced in their bodies. In narrative therapy, therapists explore clients' embodied narratives through somatic awareness, expressive arts, or movement-based interventions. Narrative embodiment deepens clients' understanding of their stories and promotes holistic healing and self-expression.

#### 43. Narrative Interweaving:

Narrative interweaving is the practice of connecting, blending, or threading together clients' diverse narratives, perspectives, and experiences. In narrative therapy, therapists engage in narrative interweaving by exploring the connections between clients' stories, values, and goals. Narrative interweaving promotes coherence, integration, and resilience in clients' narratives, fostering a sense of wholeness and continuity.

#### 44. Narrative Hope:

Narrative hope refers to clients' capacity to envision, pursue, and create new possibilities for themselves through their stories and narratives. In narrative therapy, therapists cultivate narrative hope by exploring clients' strengths, values, and preferred stories. Narrative hope empowers clients to navigate challenges, overcome obstacles, and construct narratives that inspire resilience, agency, and growth.

#### 45. Narrative Empowerment:

Narrative empowerment is the process of empowering clients to take ownership of their stories, identities, and journeys through narrative practices. In narrative therapy, therapists support clients in reclaiming agency, voice, and authorship over their narratives. Narrative empowerment fosters clients' self-determination, resilience, and capacity to construct narratives that align with their values and goals.

#### 46. Narrative Reflection Groups:

Narrative reflection groups are collaborative spaces in which therapists, colleagues, or clients come together to reflect on their experiences, practices, and narratives. In narrative supervision and consultation, narrative reflection groups provide opportunities for sharing insights, receiving feedback, and exploring ethical dilemmas. Narrative reflection groups promote mutual learning, support, and growth in professional communities.

#### 47. Narrative Healing Practices:

Narrative healing practices are therapeutic interventions or rituals used in narrative therapy to promote

healing, growth, and transformation. These practices may include narrative re-authoring, witnessing ceremonies, expressive arts, or narrative reflection exercises. Narrative healing practices create safe and supportive spaces for clients to explore their stories, emotions, and identities, fostering healing, resilience, and empowerment.

#### 48. Narrative Co-creation:

Narrative co-creation is the collaborative process through which therapists and clients co-construct new meanings, stories, and possibilities in therapy. In narrative therapy, therapists engage in narrative co-creation by inviting clients to share their narratives, perspectives, and goals, and by co-creating new narratives that align with clients' values and intentions. Narrative co-creation promotes collaboration, creativity, and empowerment in therapy.

#### 49. Narrative Playfulness:

Narrative playfulness refers to clients' capacity to engage in imaginative, creative, and playful exploration of their stories, identities, and experiences. In narrative therapy, therapists encourage clients to embrace narrative playfulness by using metaphors, humor, or creative interventions. Narrative playfulness fosters clients' curiosity, flexibility, and capacity to experiment with new narratives and perspectives.

#### 50. Narrative Accountability:

Narrative accountability is the commitment to ethical, transparent, and responsible practices in narrative therapy. Therapists practicing narrative accountability strive to uphold clients' autonomy, confidentiality, and well-being, and to engage in ongoing reflection and supervision. Narrative accountability ensures that therapists act with integrity, respect, and professionalism in their therapeutic relationships and practices.