WHAT IS NARRATIVE THERAPY?

"**Narrative therapy seeks to be a**

- **respectful**,
- **non-blaming** approach to
- **counselling 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,**
  - **commitments and abilities**
  - that will assist them to reduce
  - the **influence of problems** in their lives."

- Alice Morgan

Narrative therapy focuses on **people and their stories**, ultimately moving towards stories that create new meaning, **away from problem saturated stories**. It seeks to add meaning and significance to problem-free stories by using **questions, curiosity, and words** to help people verbalise their new stories of hope. Narrative Therapy can add value to people of all cultures, young or old. A person can have **one or many alternative stories**, countering problem stories of depression, abuse, addiction, grief and many more!

FINDING MEANING AND SIGNIFICANCE IN LIFE

If you are looking for **meaning and significance in your life**, and feel you need to take back your life, you are at the right place!



Narrative Therapy will enable you to:

- **Rise above** the stronghold that problems may have in your life;
- **Identify the pitfalls** that make you believe that there is no hope;
- **Take care** of your own **well-being;**
- **Utilise words** to verbalise your new story and create new narratives;
- **Assist others** in seeking help when they are in the claws of problem-saturated stories;
- Find **new stories that instill hope** and help you find your inner strength;
- **Identify opportunities** to uplift your direct communities; and
- Live a **multi-storied life** filled with meaning.

As people begin to inhabit and live out the alternative stories, the results are beyond solving problems. Within the new stories, people live out new self images, new possibilities for relationships and new futures. *- Freedman & Combs*

COURSE DETAILS @CORAM DEO CONSTANTIAKRUIN

Duration: Narrative Therapy is presented in either a **two-year or three-year part-time *** course with in-person classes taking place once a week at Constantiakruin Campus from 18:00-21:00.******

Attendance: Students are required to **attend all classes** and hand in assignments as prescribed by the course curriculum.

Professionalism: Students have **access to highly qualified** lecturers and administration support as well as to **professional bodies** with limited **membership** as students and full membership upon completion of the three year course.

Accreditation: The Narrative Therapy course forms part of **Coram Deo and is accredited by the University of Pretoria's** Centre for Contextual Ministries and Continuing Education.

Two or three years: The **two-year course*** is considered to be a **self-enriching** course and does not qualify you to become a counselor or therapist. ******

However, the **three-year course*** includes S**upervision training and enables students,** upon completion, to offer **therapy** and **counselling** services.******

Continued education & support:

Coram Deo Constantiakruin also **offers continued education** opportunities with **Life Long Learning** classes once a week.

*Fees apply **Criteria for registration applies

WHAT OTHERS SAY ABOUT NARRATIVE THERAPY @CONSTANTIAKRUIN

The Coram Deo course has changed my perspective on stories and the power of discovering alternative ones.. I have discovered a new language: a language of curious words that encourages finding sparkling moments and wonderfulness. I now go about my words in a very different way!

- AR

The first year of study feels like a starter on the menu, when one hears of the impact Narrative Therapy has on so many levels, in communities and in peoples' lives. Thank you to everyone at Coram Deo making this journey so special. I am looking forward to the next chapter with bated breath!

- KB

None of what we studied together this year remained as abstract topics; each session morphed into lived stories about lived realities that asked us to listen deeply, to hold space for complexity, and to respond to each other and the world at large with care.

- KLS

We are storytellers by nature. Lets tell them , write them and bring hope to those around us.

- EV

Each one of us has a different role to fulfill and to live out that role we are bringing hope to those around us.

- Anon.

WHY NARRATIVE THERAPY?

- Helps you get unstuck when life is sticky and messy;
- Adds value and meaning to relationships and social interactions with others;
- It helps you discover new meaning when old narratives are tying you down;
- It changes your vocabulary and language to describe and discover new possiblities;
- Helps you to have an unconditional and non-judgemental view of others;
- Assists in creating a new identity outside challenging narratives;
- It opens possiblities for new stories every day; and
- Will change your life forever!

CONTACT US TODAY

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story, hope & healing

NARRATIVE THERAPY @ CORAM DEO CONSTANTIAKRUIN



OPENING CONVERSATION FOR ENDLESS POSSIBILITIES