

Listening, Witnessing and Intimate Relationships: Using Narrative Therapy in Working with Couples

Jill Freedman, MSW

November 30 & December 1, 2015 9:00 am – 4:30 pm
St. Paul University Amphitheatre - 223 Main Street, Ottawa



Our relationships both shape and are shaped by our stories. The stories partners tell and hear about their relationship and each other make a difference in their experience. Narrative therapy offers the possibility for members of a relationship to hear the meanings their partners make of particular events and together to make new ones. It also offers a context for preferred stories to be told and heard. In this workshop we will think about ways to structure therapy conversations to offer the possibility of partners really hearing each other. We will explore the use of the "absent but implicit" in couples therapy. We will also consider how our identity is relational, offering the possibility of asking questions about who people become in particular relationships and how partners contribute to and sustain each other's preferred identities. This will be a skill-building workshop with case examples, video vignettes and the opportunity for participants to engage with the ideas.

Learning Objectives & Clinical Applications

- Orientation to the narrative metaphor and how the narrative metaphor can guide work with couples
- Ideas about offering a witnessing position
- Possibilities for positioning people to listen to their partners' stories
- Questions to develop and support people to experience preferred stories of their relationship and lives
- Deconstruction of problematic stories and exposing discourses that can contribute to problems
- Close listening and asking small questions as a way of entering conversations that could be sensitive or difficult
- Staying close to people's experience while extending possibilities
- Working with the absent but implicit
- Relational identity and how members of a couple or relationship contribute to their partner's identity

Who should attend:

This workshop is designed for psychologists, psychiatrists, social workers, counsellors, psychotherapists and mental health professionals working with couples and/or individuals with relationship challenges



a program of
Jewish Family Services
of Ottawa





Jill Freedman, MSW, is Director of Evanston Family Therapy Center and a faculty member of The Chicago Center for Family Health. She is an AAMFT approved supervisor, and an internationally acclaimed author and teacher of Narrative Therapy. She has a clinical practice in the Chicago area and consults to programs and to schools. With her partner, Gene Combs, she is co-author of more than thirty articles and three books: Symbol, story and ceremony: Using metaphor in individual and family therapy, Narrative therapy: The social construction of preferred realities, and Narrative therapy with couples... and a whole lot more! She has a therapy practice in the Chicago area where she also consults to agencies and schools. Jill is continually invited to present at national and international conferences and has led workshops on various aspects of narrative therapy all over the world. Jill is known and respected for her warm, relaxed and inspiring style, as well as for the way she embodies the ideas she teaches.

Registration Form

Jill Freedman, MSW - Listening, Witnessing and Intimate Relationships:
Using Narrative Therapy in Working with Couples

November 30, December 1, 2015

9:00am - 4:30pm

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- Early Bird Registration (before Oct 30, 2015) \$225.00 Regular Registration \$245.00
- Group Rate (3+) (Registration forms must be mailed in the same envelope to qualify) \$205.00 per person
- Student Rate (Copy of student identification must be attached to registration form) \$125.00

Name: _____

Position: _____

Organization: _____

Address: _____

Phone Number: _____ **Fax:** _____

Email: _____

Payment can be made by cheque, Visa or Mastercard and must be included with the registration form. If you register by phone, email or fax, we can only accept credit card payment. Cheques are to be made payable to Jewish Family Services, 2255 Carling Avenue, Suite 300, Ottawa, ON K2P 7Z5. Post-dated cheques will not be accepted.

I would like to pay by: Cheque Visa Mastercard I have included a payment of: \$ _____

Card Number: _____ Expires : _____

Name on Card: _____ Signature: _____

Cancellation Policy:

A \$65 administrative fee will be charged for all cancellations. We must receive a notice of cancellation, in writing, 2 weeks prior to the workshop. Payments are transferrable, so in case of a cancellation a colleague may attend in your absence. Admission fees are non-refundable 5 business days before the workshop. The Counselling Group and St. Paul University reserves the right to cancel, in the event that a cancellation occurs participants will receive a full refund of their payment.

Continuing Education Credits:

All participants will be receiving a Certificate of Participation which can be used for Continuing Education Credits.

SUBMIT

To register contact Gabriella Young at gyoung@jfsottawa.com, call 613-722-2225 xt 359, or fax 613-722-7570