WHAT IS NARRATIVE THERAPY?

Offered by **Ummeed Child Development Center** in collaboration with **Re-authoring Teaching, Vermont**

Narrative therapy is a respectful, non-judgmental culturally relevant approach to counseling which centers people as the expert in their own lives. It views problems as separate from people and assumes people have many skills, beliefs, values and abilities that will allow them to reduce the influence of problems in their lives.

The workshop will provide insight into:

- History of narrative therapy
- Key ideas underpinning the practice
- The narrative metaphor
- Externalizing the problem
- Re-authoring map

**WHO SHOULD APPLY?**
- Counselors
- Psychologists
- Therapists
- Special Educators
- Social workers
- Health workers
- Students
Jehanzeb Baldiwala is a therapist, supervisor, trainer and part of the Ummeed management team since 2004. She has aligned herself with narrative ways of working since 2006. Her work at Ummeed includes designing and supervising implementation of mental health training programs; providing therapeutic support to families and children with disabilities as well as training and supervising the mental health team at Ummeed. She was instrumental in developing the Mental Health Training Program, a year long narrative training program which is run in collaboration with Narrative practices Adelaide and reauthoring teaching. More recently she has also developed and implemented a training program in narrative ideas and practices for community workers in Hindi with her team. She also runs shorter intensive training workshops in narrative ideas and practices.

Formerly Director of Family Support and Social Rehabilitation Services at North East Community Center, Philadelphia, USA, she has a Master’s Degree in Applied Psychology from the University of Mumbai

Raviraj Shetty is a mental health professional and an occupational therapist at Ummeed Child Development Center. He has completed a Bachelors and Master in Occupational Therapy from Seth.G.S.Medical College & K.E.M Hospital. His work at Ummeed includes conducting individual as well as group sessions for children and their families using narrative ideas and practices along with occupational therapy. He is also a trainer for Ummeed’s community training programs like the Child Development Aide Training program and the Community Mental Health Training program, which is a year long narrative training program conducted in Hindi. Additionally he has taught several intensive training workshops in narrative ideas and practices.

www.narrativetherapyindia.com

Ummeed Child Development Center, one of India’s premier non-profit organizations, works with children with developmental disabilities. In addition to providing direct services in assessment and therapy, Ummeed’s eminent team of child development specialists offers training in a range of disciplines. www.ummeed.org

Re-authoring Teaching, Inc. is a consortium of narrative practice teachers, practitioners and enthusiasts from around the world who seek to promote training and professional development in a narrative approach to therapy, organizational, and community work. It is based in Vermont, USA
Venue: NPS International School
10 and 12 Chai Chee Lane
Singapore 469021

Dates: 8th, 9th, 10th April 2016

Time: 10:00 am - 5:00 pm

Cost: SGD 700

Registration ends March 10th 2016

hosted by:

Insightful Reflections

For registration, please contact:
Riona (85336417, riona.lall@gmail.com)
Zara (92988045, kaushikzara@gmail.com)

A minimum of 8 participants is required for the workshop to be conducted.
Money will be refunded in case of cancellation.