

MAY 1-3, 2020 WEEKEND INTENSIVE

Incorporating Spirituality in Individual and Group Narrative Therapy

Improve your therapy approach. How often do you examine your appointment calendar and wonder how you will fit in the training and continuing education units needed to enhance your practice?



*Berry Hill Hotel and Spa, 3105 River Rd.
South Boston, Va. 24592 1-434-517-7000*

Have you ever wondered how to incorporate spirituality in the therapeutic process?

Surround yourself with beauty while learning more about healing stories with Narrative Therapy in individual and group contexts.

Especially designed for Counselors and Mental Health Professionals

Register Online Now – April 20th at:
www.TreasuredPlacesCounseling.com

Or call Dawn Sanders at (919)521.0975 to register



*Questions? Contact Dawn at
dawnsanderslpc@gmail.com*

*Space is limited so signup early! I
can't wait to see you there!*

*With Therapist,
Speaker & Podcaster,
Dawn Sanders*

**Mental Health
Workers...Don't miss
this exceptional
opportunity to learn &
grow as a therapist
while enjoying a bit of
self-care!**

**Lodging, conference
room , 2 continental
breakfasts, 1 lunch, 1
dinner and light hors
d'oeuvres upon arrival.**

**Come early or stay
late to enjoy the
pool or spa!**

TREASURED PLACES COUNSELING

8378 Six Forks Rd. Ste.204
Raleigh, N.C.
(919) 521-0975

www.treasuredplacescounseling.com

Meet and Greet Begins
Friday at 5.30 Conference
ends Sunday at 1pm

Program Content Description:

Outline:

Narrative Theory

- Using story to heal
- Discover the importance of Past, Present and Future
- Identify values and skills associated with story
- Example from Hagar story
- Mindfulness and self-awareness

Spiritual Perspective

- How our spiritual awareness impacts our stories
- Psycho-spiritual tools that help clients identify values and skills
- How faith, hope and love impact story
- Use of liturgy in understanding narrative
- Mindfulness activity

Individual Therapy

- Self-discovery
- Mindfulness
- Grounding Techniques
- Use of Journaling
- Mindfulness and self-awareness exercises

Group Therapy

- Using group dynamics to gain further understanding and support of our own stories for healing
- Consequences of an unhealthy response to a narrative
- Healthy response to a narrative
- Practice responding to a narrative
- Mindfulness understanding and sharing

Bringing it all together

- Practice skills
- Incorporate spirituality in both individual and group
- Integrate use of Narrative Therapy for healthy change and well being

Program Objectives:

1. Understand basic principles of Narrative Theory
2. Illustrate clinical techniques for combining Narrative Theory with one's spirituality
3. Demonstrate effective use of noticing and naming 2 categories of story from one's Past
4. Implement mindfulness skills to contact the present moment
5. Utilize effective techniques of connecting Past story to Present experiences
6. Connecting patterns and themes of past and present story to identify 2 categories as they impact future behavior
7. Use metaphors and group feedback to gain further perspective
8. Assess spiritual values as they relate to one's narrative
9. Gain skills in applying group feedback to strengthen positive narratives
10. Implementing journaling skills to reinforce understanding of one's past, present and future especially as it relates to their spiritual journey
11. Utilize effective Narrative Therapy help clients develop new skills to engage in the present moment and move past struggles
12. Discuss the introduction to psycho-spiritual tools that help clients identify their values and skills associated with them.