

Contents

List of Figures	viii
Preface	ix
Acknowledgements	xiv

Part I

The Narrative Approach 1

1	An Introduction to Narrative Practice	3
	Introduction	3
	The beginnings of narrative therapy	5
	Underlying philosophy of narrative therapy	8
	Elements of story	13
	The re-authoring conversation map	20
	Conclusion	24
	Notes	24
2	The Conversation Maps	26
	Introduction	26
	Externalizing conversation (statement of position map 1)	30
	Externalizing conversation (statement of position map 2)	37
	Re-membering conversations	39
	Conclusion	45
	Note	45
3	Exploring What Has Been Implied	46
	Introduction	46
	Context and steps of the absent but implicit conversation map	51
	Double listing in practice	58
	Conclusion	61
	Notes	62

- 4 Moving between the Conversation Maps 63
 - Introduction 63
 - When to use each conversation map 65
 - The meta map 67
 - Conclusion 73
 - Notes 74

Part II

The Narrative Approach in Context 75

- 5 A Narrative Approach to Agency Practice: Note Taking, Assessment Writing and Consultation 77
 - Introduction 77
 - Note taking 79
 - Therapeutic documents 81
 - Assessments and recording 83
 - Team meetings and supervision 86
 - Conclusion 95
 - Notes 96

- 6 Critical Reflection as Inquiry and Practice-Based Evidence 97
 - Introduction 97
 - Positioning narrative therapy as a practice of critical social theory 100
 - Critical reflection of practice as a form of inquiry and practice-based evidence 102
 - Critical best practice and practice-based evidence 104
 - The potential benefits of multi-methodology 105
 - Disseminating knowledge 107
 - Conclusion 109
 - Notes 111

- 7 Spirituality and Narrative Practice: Listening for the 'Little Sacraments of Daily Existence' 112
 - Introduction 112
 - Defining spirituality 113
 - Changes in spirituality and mental health 117
 - Celtic spirituality, nature and the everyday 118
 - Spirituality and hospitality in practice 126
 - Conclusion 134
 - Notes 135

8	Notes on Self-Care and the Ongoing Effects of Working as a Narrative Practitioner	136
	Introduction	136
	Historical context	136
	Working narratively	138
	Vicarious resilience	139
	A two-way account of therapy	141
	Nonetheless, there is stress within work settings	145
	A few examples of self-care	149
	Conclusion	155
	Notes	156
	Appendix 1	157
	Appendix 2	160
	Appendix 3	163
	Appendix 4	166
	Appendix 5	177
	References	180
	Index	187
