

## **Narrative Group Therapy Workshop, October 14, 2018 (9:00am to 5:00 pm)**

The first hour of this 6-hour 'Learning Lab' workshop will be didactic with time for questions and discussion. The presenters will provide a review of the available literature regarding the application of Narrative Principles to the practice of Group Psychotherapy. Participants will learn 5 theoretical differences of Narrative Group work to psychodynamic group work.

Workshop participants will be provided with handouts. The presenters will answer any questions participants have, and will provide written answers to questions not answered in the workshop.

After a break, in the second period the presenters will host a demonstration experiential (non-therapeutic) group for between 5 and 8 participants.

Practical demonstrations will be offered covering interventions to be used in a group run on Narrative principles. Special attention will be given to the encouragement of storytelling, group members asking narrative questions, identifying problems in the story, mapping problems, relative influence questions, externalizing the problem and identifying exceptions to the problem story. After this, group participants will be able to identify at least 5 therapeutic interventions. Participants will learn 10 methods of encouraging storytelling.

After a break, in the third period the presenters will host a second demonstration experiential group, focusing on seeking preferred narratives and identities, thickening the plot of new narratives, and building collaborative approaches to individual storytelling. Participants will have demonstrated 3 ways to managing strong feelings as they arise in the group.

After a break, in the fourth period the presenters will encourage group participants to share further stories and to build on demonstrated interventions. There will be a specific focus on ending the group, and interventions associated with the termination of therapy.

Finally, in the fifth period the presenters will answer questions from the group members and lead a discussion regarding the pros and cons of the Narrative approach to group.

### **Stephen Burton, MA, LMFT**

Stephen is a licensed MFT ((#96248) working in private practice in Hollywood. Prior to training as an MFT, he was a licensed physician for 32 years in the UK. He retired from medical practice in 2010. Stephen earned a Postgraduate Clinical Certificate, and an MA, in Group and Intercultural Therapy, between 2002 and 2006, at Goldsmiths College, from the University of London, UK. He was a member of a therapeutic group from 2002 to 2009. Stephen conducted groups within the British National Health Service, and in private practice from 2006 to 2010. He has taught Principles of Group therapy at Antioch University Los Angeles in the Masters in Clinical Psychology program, and with Kevin O'Bryan, has co-hosted a Narrative experiential group at the Annual LA Postmodern (PoMo) Therapy gathering in October 2017. Stephen and Kevin also co-hosted an international online session focusing on Narrative Approaches to Group in the Re-Authoring Teaching's monthly Collab, in June 2018. Participants dialed in from across the US and Australia.

**Kevin O'Bryan** (AMFT 100462) graduated from the Rossier School of Education at USC with a degree in Marriage and Family Therapy. He is currently in private practice under the supervision of Lynne V. Rosen (LCSW19324) in Larchmont Village. For the past two years he has been interning at the Southern California Counseling Center (SCCC), where he is engaged in individual, couples, and group therapy. He has designed and led several group therapy programs including a mindfulness and compassion group, group helping teens process anger, and a community counselor training process group. He has specialized training in trauma, EMDR, CRM/TRM, LGBTQ+, and Sexuality and Gender. Kevin has long been involved in social justice movements which motivates his interest in

working with persons who identify as part of any number of minoritized groups in our society. Prior to becoming a therapist, Kevin had prior careers in kinesiology and computer science.