

LA PoMo Gathering, August 30, 2020

8:15 am to 4:30 pm

An Online (via Zoom) One Day Workshop

In two sessions:

Part I (morning): Radicalizing Narrative Therapy: A Spirit of Abolition

Travis Heath

During this 3 hour workshop Travis Heath will introduce the participants to what narrative therapy might learn from abolitionist movements and how the abolitionist ideas might radicalize narrative practices in ways that seek to dismantle white supremacy and colonialism. This workshop will make an initial attempt to inject many Black scholars' ideas into narrative practices thereby centering Black ideas and experiences. There will be a 15 minute break.

Bio: Travis Heath is a licensed psychologist and Associate Professor of Psychology at Metropolitan State University of Denver. Past work he's been involved with looked at shifting from a multicultural approach to counseling to one of cultural democracy that invited people to heal in mediums that are culturally near. His most recent work involves incorporating the work of Black abolitionist scholars into psychotherapy, community healing, and uprising. His writing has focused on the use of rap music in narrative therapy, working with persons entangled in the criminal injustice system in ways that maintain their dignity, narrative practice stories as pedagogy, a co-created questioning practice called reunion questions, and community healing strategies. He is currently co-authoring the first book on Contemporary Narrative Therapy with David Epston and Tom Carlson and has taught in 10 countries to date.

Part II (Afternoon): The Spoken Word as a Preferred Medium of Healing for Uprising and Revolution

Street Poets

The afternoon 3 hour workshop will focus on spoken word as a means towards community revolution and healing. During the first part of the afternoon Street Poets will demonstrate the community's Seeking Peace sessions. This will include a poetic invocation, a brief guided meditation, a free-writing exercise and share-back, as well as a ritual of personal "check-ins" in support of individual and community healing and wellness. After bearing witness to the session, participants will have a chance to ask questions and be in conversation about how these ideas might make their way into our narrative/postmodern therapeutic spaces to help meet this particular moment in history.

There will be a 15 minute break.

Travis Heath will be collaborating with Street Poets for the afternoon session.
Street Poet's website <https://streetpoetsinc.com/> can provide more information on their practices