



THE UNIVERSITY OF BRITISH COLUMBIA

School of Social Work
Vancouver Campus



Continuing Education and Certificate Programs

Narrative Therapy: Foundational Skills for an Anti- Oppressive Approach to Clinical Practice

Date: March 14, 2025

Time: 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

CEU: 6 hours

Location: Virtual – Zoom sessions*

Cost: \$180

[Registration Link](#)

**Link will be provided 72 hours before the start*

Audience

This course is ideal for therapists, social workers, and mental health practitioners in various fields of practice seeking to develop narrative therapy skills to apply to their practice.

Description

As clinical and helping professionals, we are tasked to support people in many different contexts. What is clear across all of these contexts is that we are helping people face both personal and social/systemic challenges. Whether working in hospitals, child protection, youth and family centres, in private practice, or other areas of practice, Narrative Therapy skills can help practitioners support their clients to make lasting and sustainable changes in their lives.

Narrative Therapy is a collaborative and anti-oppressive therapeutic approach that centers people as the experts in their own lives. Narrative practice focuses on supporting people to step away from problem identities and to connect with their values, hopes, competencies and abilities - while also helping them to explore how the problems they face are located within a larger economic, social and political context.

This course will provide an introduction to the theory and practices of Narrative Therapy and support participants to explore ways they can bring powerful therapeutic questions into their own work context.

This course is part of a planned certificate in narrative therapy, which is in development. The completion of this course will count toward the completion of this planned certificate program.

Learning Objectives:

- Identify and explain the key theoretical and ethical considerations that inform Narrative Therapy
- Articulate and demonstrate the central skills and practices that support the use of a narrative approach in practice
- Evaluate the ways in which Narrative Therapy can be a resource in your practice environment

Learning Activities:

- Lecture / skills teaching
- Discussion
- Simulation of Narrative Therapy in practice through a live session and a review of session transcripts
- Experiential learning through group activities and skills practice

Facilitators:



Tommy Spence, MSW, RSW (He/Him) is a therapist and social worker who lives and works on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətaʔ (Tsleil-Waututh) peoples. He is interested in social constructionist and collaborative approaches to helping work and has been practicing from a narrative perspective for the past 6 years. Tommy has had the privilege of working alongside people in non-profit, health care and group practice settings. Alongside his therapeutic work, Tommy is an Adjunct Professor at the University of British Columbia.

Matty Devenish, MSW, RSW is a cis-gender settler therapist and social worker from English, Scottish and Swiss ancestry. Matty and his family live in Xwesam (Roberts Creek) which is a community that shares overlapping territories with the Shishálh (Sechelt) and Skwxwú7mesh (Squamish) peoples. Matty has been working in the counselling field and studying Narrative Therapy for nearly 20 years with over 10 years of working in private practice. He is the co-founder and Clinical Director of Vancouver Counselling and Wellness Centre and is passionate about teaching therapy modalities that assist people in understanding problems within a larger sociopolitical context and which help connect people to meaningful stories about themselves that empower the life they want to live.





Lara Ellison, MSW, RSW is deeply grateful to have been living, working, and raising her family as an uninvited guest on the traditional, ancestral and unceded territories of the Coast Salish peoples since birth. Lara and her family live in Xwesam (Roberts Creek) which is a community that shares overlapping territories with the Shíshálh (Sechelt) and Sk̓wx̓wú7mesh (Squamish) peoples. Lara is of mixed ancestry; her ancestry is Choctaw and European decent. Being raised disconnected from culture, Lara began her journey of identity and understanding as an Indigenous woman in her adult life. Lara has been working in harm reduction, counselling and social work settings since 2006. For nearly a decade, Lara has been working full time in a private practice focusing on using narrative therapy. Outside of work she can be found enjoying time with her partner, three wonderful and hilarious kids and her chickens.

Cancellation Policy: Learners who need to cancel their registration for a course will be offered a 50% credit up to 14 days before scheduled course, which can subsequently be used for any other course in the Continuing Education and Certificate program. Please ensure that any cancellations are submitted to sowk.coned@ubc.ca.