Narrative Therapy Explainer

Understanding your Narrative Therapy sessions at Gateway Psychology

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Narrative Therapy is a therapy model using events that have happened to form a story. Narrative Therapy seeks to be a respectful, non-blaming approach, which centres children as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments, and abilities that will assist them to reduce the influence of problems in their lives.

Narrative Therapy sessions aim to teach children to view alternative stories to help them address their issues in a more productive way in a private and confidential space.

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What are Narrative Therapy sessions like?

Narrative Therapy is a form of therapy that aims to separate the individual from the problem, allowing the individual to externalise their issues rather than internalise them.

Sessions will usually take place with the child or young person and will begin by focusing on getting to know the child or young person, as well as building a picture of the issues they are concerned about and what they would like to be different. The clinician may use a variety of approaches under the umbrella of Narrative Therapy, which may include talking and creative approaches. The clinician will ensure that feedback is given to parents and carers throughout, as appropriate.



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How is progress monitored?



You and your clinician will meet regularly to review your child's Narrative Therapy sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you may have about your child, and the sessions. You are welcome to bring a friend or relative with you to your review. Please let us know in advance if you are going to do this.

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Video and audio recording

Narrative Therapy sessions might need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about Narrative Therapy Sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this Narrative Therapy Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc.

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Our contact information

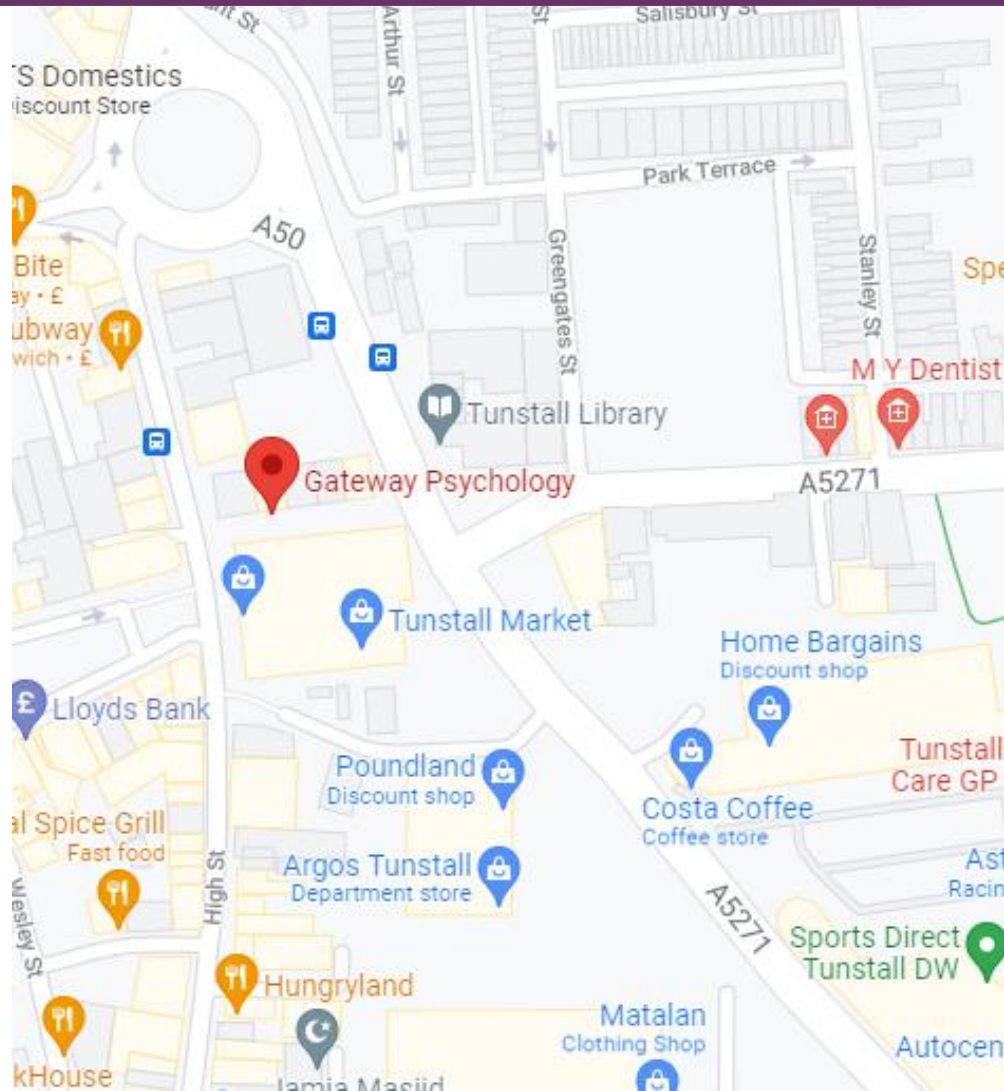
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