

ECSF GRADUATE WORKSHOP

September 05 & 06 2019



The Long Room of the Old Library at Trinity College

Narrative Practices with People who Stutter. Mary O'Dwyer - Fiona Ryan

The ECSF consortium is organizing the fourth workshop for ECSF graduates. This is not only an ideal occasion to meet up with some of your classmates or to interact with fluency specialists from the previous 11 course cycles, it is also an opportunity to upgrade your clinical knowledge.

This year's workshop focuses on Narrative practices with people who stutter by Mary O'Dwyer and Fiona Ryan. The workshop will take place in Dublin, in parallel with the first intensive week of the ECSF specialization program.

Narrative Therapy

Narrative Therapy (NT) was developed by White and Epston in the 1980s and their book, *Narrative Means to Therapeutic Ends*, was published in 1990. It "seeks to be a respectful, non-blaming approach to counselling and community work, which centres people as the experts in their own lives" (Morgan, 2000). As family therapists, White and Epston were concerned with recognising and centering the knowledge and experiences of the people in therapy. Narrative has been described as the organising principle of all human action with a structure that organises and gives

meaning to experience (Bruner, 1986; Mattingly & Garro, 2000).

Narrative Therapy recognises that identity is 'storied' and narrated, as new experiences occur they are assimilated and integrated into the story of our self (Speedy, 2008; White, 2007; White and Epston, 1990). The stories people tell about themselves allow them to link aspects of their own experience over time (Epston, 1998). However some experiences do not fit with the persons preferred story and provide challenges to the storied identity; such challenges create space for growth and reauthoring the narrative (White, 2007).

Narrative therapy has its origins in social constructionism and recognises that people construct their lives and identities socially and culturally, through language, discourse and communication (Speedy, 2008; White & Epston, 1990). People speak themselves into existence by inhabiting or performing a specific discourse or discourses (Madigan & Law, 1992).



This inhabiting or performance of a discourse reflects the prevailing social and power relationships present in the wider discourse in society (Foucault, 1980). Narrative Therapy allows the person at the center of the process to create an alternative and preferred narrative which fits with their hopes, dreams and values and reflects their strengths and resources. The role of the therapist in Narrative Therapy is to assist in the exploration of the problem saturated narrative, and with a close questioning enable the person to identify the exceptions to this narrative.

Workshop

This workshop introduces the teachings of Michael White and David Epston (1990, 2000). An understanding of the underlying principles of Narrative Therapy will form a core component of the workshop.

The different processes involved in Narrative Therapy are explored. The externalisation process (Ryan, O'Dwyer, & Leahy, 2015), the identification of a 'sparkling moment' and the reauthoring process (Leahy, O'Dwyer, & Ryan, 2012) that are key to Narrative Therapy will be discussed, demonstrated and explored by the participants. The focus will be on the practical aspects of 'working narratively' and the role of the therapist and client in Narrative Therapy.

Bruner, E. (Ed.). (1986). *Ethnography as Narrative*. Chicago: University of Illinois Press.
 Epston, D. (1998). *Catching up with David Epston*. Adelaide: Dulwich Centre Publications
 Foucault, M. (1980). *Power and Knowledge: selected interviews and writing* New York: Pantheon Books.
 Leahy, M., O'Dwyer, M., & Ryan, F. (2012a). Witnessing stories: Definitional Ceremonies in Narrative Therapy with adults who stutter. *Journal of Fluency Disorders*, 37(4), 234-241
 Madigan, S., & Law, I. (1992). Discourse not Language: The shift from a modernist view of language to the postmodern analysis of discourse in family therapy. *International Journal of Narrative Therapy and community work*, no.1.
 Mattingly, C., & Garro, L. C. (Eds.). (2000). *Narrative as Construct and Construction* Berkeley: University of California Press.
 Morgan, A. (2000). *What is Narrative Therapy? An easy-to-read-introduction*. Adelaide, Australia: Dulwich Centre Publications.
 Ryan, F., O'Dwyer, M., & Leahy, M. M. (2015). Separating the Problem and the Person. *Topics in Language Disorders*, 35(3), 267.
 Speedy, J. (2008). *Narrative Inquiry & Psychotherapy*. New York: Palgrave Macmillian.
 White, M. (2007). *Maps of Narrative Practice*. New York: W.W. Norton.
 White, M., & Epston, D. (1990). *Narrative Means to Therapeutic Ends*. New York: Norton.

Presenters

Dr. Mary O'Dwyer works as a speech and language therapist and is an ECSF graduate. She works with children and adults who stutter along with their families and teachers. Narrative Practice is an integral part of this work.

Dr. Fiona Ryan is a Clinical Specialist Speech and Language Therapist working in the HSE. A graduate of the European Clinical Specialist Program in Fluency disorders she has recently completed her doctorate in Trinity College Dublin. Her research interests include outcomes from Narrative Therapy for people who stutter.

When: Thursday 05/09 2019 from 9.30am-4.30pm
 Friday 06/09 2019 from 9.30am-3.00pm

Where: Dept. of Clinical Speech & Language Studies,
 Trinity College, 7-9 South Leinster Street, Dublin 2, Ireland.

[View google map](#)

Price: 200 EUR, including 2-day workshop & handouts.

Registration: Email inge.pincket@thomasmore.be for registration & payment. Max. 16 participants. First come, first served policy.

Accommodation: Participants are expected to make their own arrangements as regards accommodation. The following link can be useful: <https://dublin.ie/living/accommodation/>

More information about Trinity College: <https://www.tcd.ie/visitors/book-of-kells/tickets-information/?panel=directions>



The Campanile of Trinity College