

---

# Narrative Therapy to Manage Changes & Transitions

SURAYA KEATING, MFT, EMDR Certified Therapist  
Registered Expressive Arts Therapist, Drama Therapist  
[www.suraya.org](http://www.suraya.org)

---



“And it just dawned on me that I might be the author of my own story....” - Jandy Nelson

---

# What is Narrative Therapy?

- **KEY PRINCIPLES OF  
Narrative Therapy**
- **Highlights strengths & personal triumphs of an individual through the stories they tell about themselves**
- **Externalizes the problem from the person**
- **Views the person as the “expert” on the problem**
- **Looks for an empowering narrative**

---

# TODAY WE WILL PRACTICE:

1. HIGHLIGHTING ONE STRENGTH THROUGH A TRANSITION OR CHANGE
  2. BECOMING THE “EXPERT” on THE PROBLEM OR NAVIGATING THE CHANGE
  3. CREATING AN EMPOWERING NARRATIVE
-



# 1. HIGHLIGHTING STRENGTHS



# 1. STRENGTHS through CHANGE

WHAT'S A CHANGE YOU HAVE BEEN  
THROUGH THAT WAS CHALLENGING?

→ NAME OF CHANGE

WHAT'S A STRENGTH THAT HELPED YOU  
NAVIGATE THAT CHANGE?

→ STRENGTH

---

# INNER STRENGTHS/ESSENCE QUALITIES

ACCEPTANCE

AUTHENTICITY

BOLDNESS

CARE

COURAGE

FOCUS

GENEROSITY

GRATITUDE

HUMOR

KINDNESS

LOYALTY

METICULOUSNESS

OPTIMISM

RESPECT

TRUST

---



## 2. BECOMING THE “EXPERT”

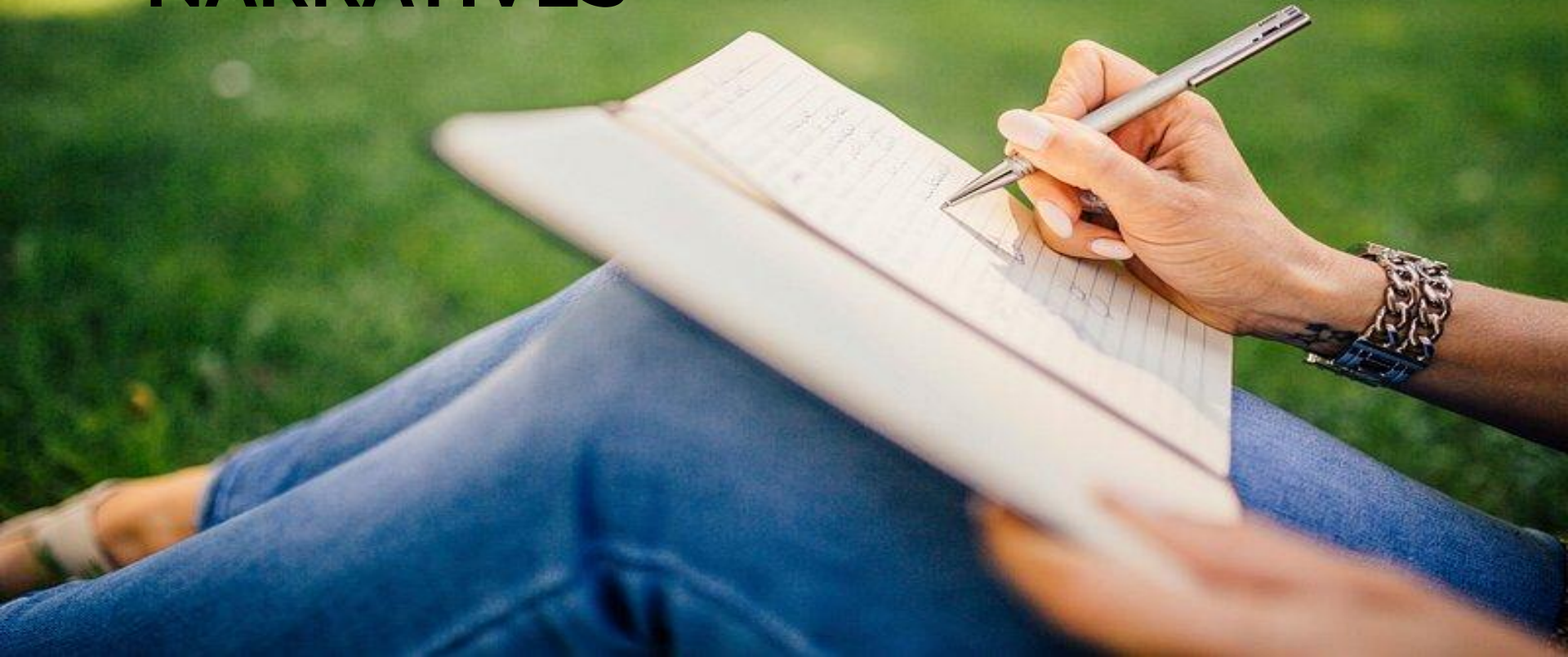




## 2. BECOMING THE EXPERT

- AS AN EXPERT ON \_\_\_\_\_, TELL US WHAT YOU KNOW ABOUT HOW TO BEST DEAL WITH \_\_\_\_\_.
- AS AN EXPERT ON \_\_\_\_\_, WHAT ARE SUREFIRE WAYS TO MAKE IT HARDER TO DEAL WITH \_\_\_\_\_.
- IF YOU WERE TO OFFER GUIDANCE TO SOMEONE GOING THROUGH \_\_\_\_\_ WHAT WOULD YOU SHARE?

# 3. CREATING EMPOWERING NARRATIVES





### 3. CREATE EMPOWERING NARRATIVES

- Begin a story about **YOURSELF** with “Once upon a time, there was a.....”
- Describe yourself in the 3rd person.
- Write an empowering narrative about how you deal with the change/transition.
- Now shift the story to the first person.

A large, fluffy white cloud is centered in the upper half of the image, set against a clear, vibrant blue sky. The cloud has soft, irregular edges and a bright white center, suggesting a bright sun behind it. The overall composition is simple and clean, with the cloud and sky filling the entire frame.

**You are the author of your own  
life story. - Susan Young**