



Hochschule **RheinMain**
University of Applied Sciences
Wiesbaden Rüsselsheim

Dr. Peggy Sax in Wiesbaden 20.-24.01.2014



Dr. Peggy Sax



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Dr. Peggy Sax, is in independent practice as a licensed psychologist, international teacher, consultant and founder of the online community "reauthoringteaching.com." In addition to offering workshops, she has taught social work and psychology courses at The University of Vermont, Smith College School of Social Work, and Middlebury College about theoretical thinking and practice of NARRATIVE THERAPY. For the past 30 years, she has also been practicing as a Family Therapist in her small New England town –in community services through her local Parent/Child Center and Community Mental Health Center, and in private practice.



Dr. Peggy Sax lecturing and team teaching with Prof. Dr. Heidrun Schulze



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➤ **Recent developments in Narrative Therapy: Stories from India, New Zealand and Vermont**

➤ **Narrative Therapy: Foundations & Key Concepts**

1st question: „Why is Narrative Therapy important for Social Work?“



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Dr. Peggy Sax:

“Narrative therapy is a collaborative and non-pathologizing approach to working with individuals, groups, communities and organizations. Narrative practitioners share with social workers a keen interest in relational practices, a strengths-orientation, a conceptual framework of critical social construction, and principles of social justice and human rights.”

1st question: „Why is Narrative Therapy important for Social Work?“



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Dr. Peggy Sax:

- We are especially interested in how stories shape people's lives, and how to separate a person from the influence of destructive stories.
- Seeing life as multi-storied, we explore the hidden storylines and often unrecognized possibilities in people's lives and relationships.
- We incorporate practices that highlight a person's conscious purpose in life - values, preferences, hopes, dreams, intentions.
- Rather than existing within an individual, narrative practices explore identity in relation to others, as a public and social achievement supported by communities of people, shaped by historical and cultural forces, as well as by ethics, beliefs and values, actions.
- We consider the broader context of people's lives, with a particular eye toward making room for diversity including class, race, gender, sexual orientation and abilities.

Dr. Peggy Sax lecturing at the Department of Social Work



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➤ **Narrative Therapy with children, their families and communities**

➤ **Learning from the Inside out:
Developing Preferred Stories of
Identity**



2nd question: „Why is Narrative Therapy important for the research of Social Work?“



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Dr. Peggy Sax:

“Narrative therapy offers a philosophical framework and interviewing practices to bring specificity to a number of research approaches, such as critical inquiry, participatory research, narrative reflexivity, and/or narrative inquiry. The research literature on the evidence base for the effectiveness of narrative practices is an exciting field of inquiry.”

3rd question: „On which philosophy is Narrative Therapy based?“



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Dr. Peggy Sax:

“Narrative Therapy is a postmodern approach to therapy and community work, co-founded by Michael White and David Epston, which draws from developments in collaborative family therapy. Three key influential ideas include: poststructuralist inquiry, the narrative metaphor, and intentional understandings of identity.”

3rd question: „On which philosophy is Narrative Therapy based?“



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Dr. Peggy Sax:

- Interpretations of lived experience do not occur in a vacuum but occur within a given context; certain narratives are elevated while others become devalued
- How we interpret - the stories we have about our lives -can have real effects on the shape of our lives.
- Our lives are multi-stories and multi-motived.
- Stories involve ambiguity and contradiction. No sole personal story or self-narrative can handle all the contingencies of life.
- The act of living requires that we are engaged in the mediation of the dominant stories and sub-stories of our lives.
- A story is a map that extends through time according to a plot (Michael White)

Dr. Peggy sax



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For more information about Narrative Therapy and Dr.

Peggy Sax take a look at her website:

reauthoringteaching.com

http://www.narrativetherapychicago.com/narrative_worldview/narrative_worldview.htm



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