

THE PRINCIPLES OF NARRATIVE APPROACHES



RESPECTFUL AND
NON-BLAMING.



PROBLEMS ARE
SEPARATE FROM
PEOPLE.



PEOPLE ARE THE
EXPERTS IN THEIR
OWN LIVES.



BEING CURIOUS AND
ASKING QUESTIONS WE
DON'T KNOW THE
ANSWER TO.



PEOPLE HAVE SKILLS,
BELIEFS AND VALUES
WHICH HELP THEM
REDUCE PROBLEMS.

Narrative approaches can be useful for people who feel overwhelmed by negative experience, and negative thoughts and feelings.

Users of narrative approaches are interested in exploring the stories people have about their lives and how these have been formed. They seek to 're-author' negative stories, find alternative stories that define someone separate to their problems, and build rich descriptions of a person's stories.

A narrative is a story. As humans, we have many stories about ourselves and others. Some narratives can be helpful; such as, "I'm a kind person" whereas others can be overwhelming and limiting, for example, "I am rubbish at everything". Narrative sees lives as multi-storied and talks with people about these other stories in their lives, their preferred stories, the history of these stories, the people who would know about those that have been hidden by the all encompassing stories.

USING A NARRATIVE APPROACH IN SCHOOL



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Allow students space to be the expert in their learning and demonstrate their skills.

Helping students and staff to see a pupil as separate to a problem can reframe perspectives and allow a pupil to be seen as more than someone with anxiety in their life, for example.

In a narrative approach,, metaphors are commonly used to explain a problem. You can have students find metaphors for their own experiences. This will encourage them to develop a different understanding of their problems and begin to externalize them, for instance referring to anxiety as 'the dark cloud'.

Allow students to consider what stories they have about themselves - describe who they are and how they see themselves in the world around them. For any problems they may have internalised, have them consider alternatives. Find the exceptions of when they're different and why, to begin to develop an alternative story. Talk to them about times you've seen exceptions.