

Workshop on Responding to the Richness of Lives: Application of Narrative Therapy

Consistent with theories of lifelong psychosocial growth and human development, people indeed possess rich and valuable life experiences over courses of life. Yet, it is often a challenge for practitioners to bring out the goodness of life that people accumulate over life span. Narrative therapy (NT), as an alternative solution to this challenge, offers an effective means to recover and recollect personal life knowledge for renewal of purpose and pursuit of values to benefit others. Using the metaphor of 'Tree of Life', the workshop aims to transfer theoretical knowledge and practical skills to enable participants to reconnect unique life events to make sense of one's existence and meaning of life.