

Re-Writing Life Stories Transactional Analysis and Narrative Therapy Approaches

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1. Welcome and very brief introduction
2. Exercise **Acts of Kindness**
 - a. Think of a story about a person (real or fictional, but not someone in your own life) who went the extra mile to perform some act of kindness that made a real difference to a particular individual (real or fictional, but not someone in your own life).
 - b. Share your story with a partner.
pause for next instruction
 - c. Now think of a story about yourself in which you have been the recipient of an act of kindness. Focus on a difficulty you faced that was not unique, e.g. that was part of a pattern or had happened before. And think about a time when a particular person went the extra mile to assist you in a way that that made a real difference to you.
 - d. Share your story with a partner.
(Please take care of your own safety. Only share what you feel safe sharing.)
pause for next instruction
 - e. Play Rock / Paper / Scissors
 - f. The “winner” will take on the role of interviewer.
Do reflect – now or later - on script issues around being the winner/loser if it creates a charge for you.
 - g. Interview your partner using the script / guidance on the ‘Acts of Kindness’ crib sheet.
3. Discussion
4. Exercise **“Problem” Stories’ Part 1**
 - a. Swap roles. The “loser” of Rock / Paper / Scissors now becomes interviewer.
Do reflect – now or later - on script issues around how you are not, after all, the winner/loser.
 - b. Interview your partner using the script / guidance on the “Problem” Stories Part 1’ crib sheet. Either focus on the problem that the interviewee gained assistance with or, if that’s not appropriate, identify another issue.
-- ALTERNATIVE: you can run the “Problem” Stories’ exercise in a different way by picking on an “initiative” rather than a problem, i.e. something positive the interviewee is doing and would like to understand better, e.g. because it’s new and she is still feeling her way.
5. Discussion
6. Exercise **“Problem” Stories Part 2**
 - a. Continue the interview using the “Problem” Stories Part 2’ crib sheet.
 - b. We may begin to run out of time. Don’t worry if you don’t finish.
7. Final discussion and close.