

The Narrative Institute

PsychMaven
All things mental in the real world

Applying the Science of Story in Therapy

3 Key Discoveries on How the Use of Narrative & Metaphor Supports Positive Change in Counseling & Psychotherapy

1 CE HOUR
Stay for Post-Test

Also stay for other bonuses and offers at the end of the webinar

Replay Available for 7 Days After

Presented by
Dr. David Hall of
PsychMaven

www.PsychMaven.org

1

What We Will Be Covering

- ✓ Some general thoughts on the evolving place of story and narrative in behavioral health practice.
- ✓ An overview of **3 key discovers** on how story has come to be understood in human development and change work.
- ✓ If you stay to **the end**, you will get access to a PDF copy the **webinar slides**, access to a **CE certificate** for the training, and some other **offers**.
- ✓ And for those in the webinar live, we will have a brief **Q&A** at the end as well.

2

S. David Hall, PsyD, LMFT, LPC-MHSP-AS, CST, NCC



- Owner/Clinic Director of a mid-sized counseling practice. Maintain a personal caseload of about 10-15 therapy/supervision sessions per week.



- In 2011, founded the Narrative Institute to self-sponsor my own trainings on narrative and story-craft for therapists and the general public.



- In 2019, founded PsychMaven as broader-missioned mental health training/consulting group with the goal to bring in other teachers.

3

How Story is “Done” in Psychotherapy

- ✓ When talking of counseling/psychotherapy work in the context of “Narrative,” most practitioners informed on the subject tend to think about “[Narrative Family Therapy](#)”
- ✓ Developed by Michael White & David Epston in the 1980s, Narrative Family Therapy seeks to be a non-pathologizing approach that is flexible and contextual, with a focus on how people experience their lives in social constructive “story” terms, and how difficulties and successes can be reinterpreted and/or redirected to meet the goals of individuals and/or systems

4

How Story is “Done” in Psychotherapy

- ✓ Narrative Family Therapy is a truly remarking approach, and it provides the main base from where I work as a therapist
- ✓ But is this version of “Narrative Therapy” the option for story-focused approaches in behavioral health work?

5

How Story is “Done” in Psychotherapy

- ✓ Of course, the answer is “**no.**” Because clear aspects of story/narrative thinking can be found in a variety of modalities such as CBT, psychodynamic, Gestalt, IFS, and more.
- ✓ But for what we are going to consider today, 2 other streams of story/narrative thought and clinical practice shall be considered.

6

How Story is “Done” in Psychotherapy

- ✓ The stream of **Big/Universal Story**.
 - ✓ In modern psychotherapy, this is most considered in the realms of **Jungian Psychology**, as well as the studies in mythology and comparative literature as first highlighted in the work of Joseph Campbell.
- ✓ The stream of **Given Story & Metaphor**.
 - ✓ These are the therapies that typically use told story and metaphors as interventions. Specifically considering the work of **Milton Erickson**, and those who followed with various “solution-based” approaches

7

How Story is “Done” in Psychotherapy

- ✓ **Big/Universal Story**.
 - ✓ Looking at larger social narratives in the context of **Jungian/Archetypal** psychology and anthropology
- ✓ **Given Story & Metaphor**.
 - ✓ Ways that story can be used as an instrument to help elicit change as highlighted in **Ericksonian/Solution-Based** work.
- ✓ **Personal/Contextual Story**.
 - ✓ **Narrative Family Therapy** with its focus on idiosyncratic aspects of how people and systems form their lived realities in story.

8

Story as “Universal”

Discovery #1

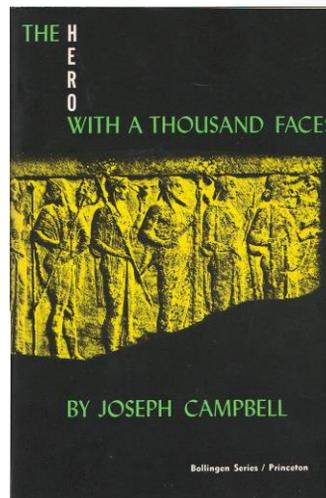
Knowledge Acquisition

9

Discovery #1

Knowledge Acquisition

Joseph Campbell (1904-1987)

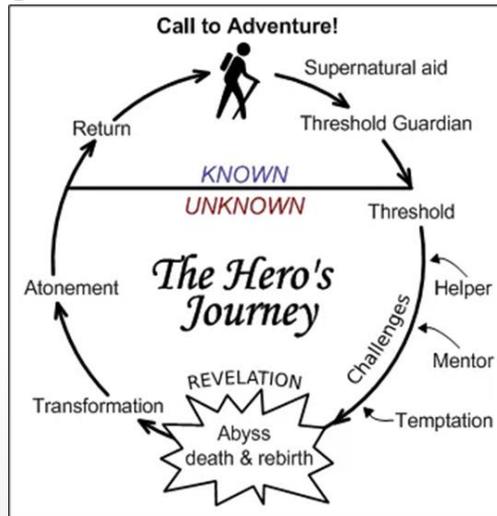


10

Discovery #1

Knowledge Acquisition

Joseph Campbell (1904-1987)



11

Discovery #1

Knowledge Acquisition

Kendall Haven

- Professional Storyteller and Cognitive Neurology Researcher
- Having worked as a research scientist before becoming a professional storyteller, Haven was recruited by a DARPA research program to explore the neurology of how stories exert influence



12

Discovery #1

Knowledge Acquisition

Neural Story Net

- “A fixed, connected set of subconscious brain sub-regions that create and process specific story concepts and informational elements” (Haven, 2007)
- Through the neural story net, your brain runs the “make-sense” mandate. Which means that if information can not be processed in story-form, it is disregarded.

13

Discovery #1

Knowledge Acquisition

Neural Story Net- **Story in Action**

Therapist #1: “Do you have summer plans?”

Therapist #2: “My caseload drops off in June, but my brother got a bargain on a beach rental.”

14

Story as “Transformation”

Discovery #2

Emotional & Behavioral Interventions

15

Discovery #2

Emotional & Behavioral Interventions

- ✓ Narrative Collective-Assimilation
 - ✓ Where experiencing a narrative leads one to psychologically feel connection and solidarity with subjects of the story (Gabriel & Young, 2011).
- ✓ Mirror Neurons in Empathy
 - ✓ Mirror neurons in the human brain act reflectively to match what we experience in observation (including in story) in ways that are analogous to having same experience ourselves.

16

Discovery #2

Emotional & Behavioral Interventions

- ✓ Hypnosis in Collective-Assimilation & Empathy
 - ✓ The story-focused and non-directive traditions of Ericksonian Hypnosis appear to operate very closely with the physical mechanisms around mirror neurons.
 - ✓ The invitation and “transportation” process of shared story also has support as being a more productive way to bypass the resistance more likely in overt directives (Rossi & Rossi, 2006).

17

Story as “Bonding”

Discovery #3

Building of Therapeutic Alliance

18

Discovery #3

Building of Therapeutic Alliance

✓ Self-Disclosure with Clients

- ✓ Since the ascendance of Freudian style psychoanalysis in the early 20th century, professional psychotherapy has skewed towards the idea of an impersonal therapist.
- ✓ Yet there have been studies to show that therapist self-disclosure, when done in certain ways, adds to the effectiveness of therapy and the strength of the therapeutic alliance (Hanson, 2005).

19

Discovery #3

Building of Therapeutic Alliance

✓ Self-Disclosure with Clients

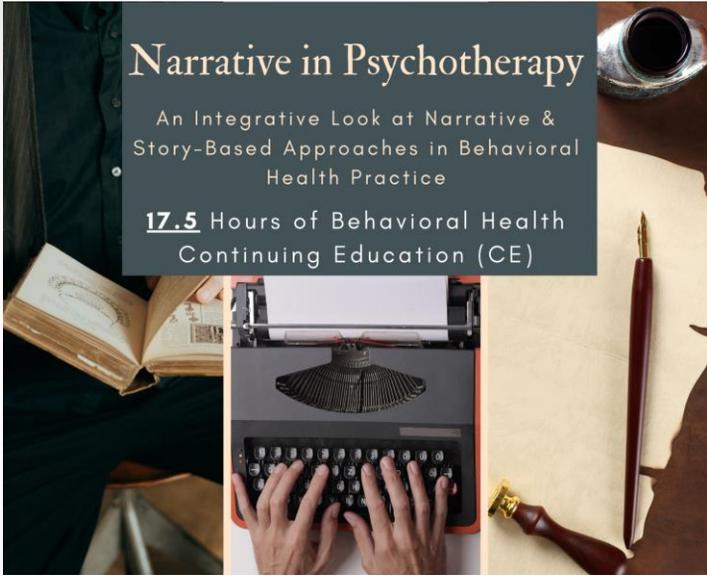
- ✓ Research seems to show that the more directly the disclosure has to do with the client, the more correlation there is between client's positive experience about therapy.
- ✓ Other factors seem to include the level of practice and skill building a therapist has had to utilize disclosure effectively, making the case that it should be more central in counseling/psychotherapy training (Henretty & Levitt, 2010).

20

About to get to the CE access and slides...

...and for some more thoughts on story and behavioral health

21



Narrative in Psychotherapy
An Integrative Look at Narrative & Story-Based Approaches in Behavioral Health Practice
17.5 Hours of Behavioral Health Continuing Education (CE)

Lifetime Access Online Course
Enrollment Closes [March 2, 2022](#)

22

Narrative in Psychotherapy

An Integrative Look at Narrative & Story-Based Approaches in Behavioral Health Practice

- ✓ This course comes with a **lifetime access** and **17.5 clock hours** of continuing education (CE).
- ✓ The course is designed to provide an integrated model for the 3 main story-focused psychotherapeutic traditions touched on here:
 - ✓ Narrative Family Therapy
 - ✓ Jungian Psychology
 - ✓ Ericksonian/Solution-Based Approaches
- ✓ The course has recorded lectures, curated research articles, and outside content and demonstrations with Kendall Haven, Michael White, and Bill O'Hanlon. As well as an included **eBook** on this Integrative Approach to Narrative Therapy
- ✓ And if you enroll in the course and decide it is not what you wanted, PsychMaven has a **30-Day full refund window** after purchase.

23

Common continuing education pricing tends to range from **\$32** to **\$49** per clock hour

....which would put this course enrollment at between **\$560** and **\$857**

....but I am passionate about this, so I want to **price it better**

24

Narrative in Psychotherapy

An Integrative Look at Narrative & Story-Based Approaches in Behavioral Health Practice

Current Open Enrollment Closes on **March 2, 2022**, until then you can get a lifetime access for

\$139

(plus 2 more monthly payments of the same)

Enroll at **no risk**, there is a no questions/full-refund policy within **30-Days of Purchase**

You can also choose the single-payment discount of **\$377**, but enrollment still closes on March 2, 2022

Story.PsychMaven.com

25

Access Webinar Offers!

Narrative in Psychotherapy -17.5 CE hours

Full course access today for **\$139** (plus 2 payments) or **\$377** for single-payment discount. Lifetime Access

(Open Enrollment Closes on **March 2, 2022**)

- **Offer 1-** [Post-Test for Continuing Education Certificate](#)
- **Offer 2-** [Handout for This Webinar](#)
- **Offer 3-** [More on the Limited Enrollment Course](#)

Access all this at

Story.PsychMaven.com

(Access Expires on March 2, 2022)

26

Bibliography

Gabriel, S., & Young, A. F. (2011). Becoming a vampire without being bitten: The narrative collective-assimilation hypothesis. *Psychological science*, 22(8), 990-994.

Hanson, J. (2005). Should your lips be zipped? How therapist self-disclosure and non-disclosure affects clients. *Counseling and Psychotherapy Research*, 5, 96-104.

Haven, K. (2007). *Story proof: The science behind the startling power of story*. Greenwood Publishing Group.

Henretty, J. R., & Levitt, H. M. (2010). The role of therapist self-disclosure in psychotherapy: A qualitative review. *Clinical psychology review*, 30(1), 63-77.

Rossi, E. L., & Rossi, K. L. (2006). The neuroscience of observing consciousness & mirror neurons in therapeutic hypnosis. *American Journal of Clinical Hypnosis*, 48(4), 263-278.