

# **ASSOCIATION OF NARRATIVE PRACTICE IN HEALTHCARE**

*introducing*

**‘CONVERSATIONS INVITING CHANGE’**





## **Feeder Roots:**

- Systems Theory
- Narrative Theory
- Systemic/Family Therapy
- Adult Education Theory
- Psychology
- Social Anthropology

## **Framework:**

- The seven Cs
- The four golden rules

# Conversations inviting change

- Encourages reflective practice
- Develops problem solving skills
- Improves ownership of solutions
- Provides guidance and advice if needed

“People are generally better persuaded by the reasons which they have themselves discovered than by those which have come into the minds of others”

Blaise Pascal

17<sup>th</sup> century mathematician and philosopher

# The C Words

- Conversation
- Curiosity
- Context
- Complexity (2006) ,Circularity (2002)
- Creativity (2006),and Co-creation (2002)
- Challenge ( 2008) and Caution
- Care

# The C words

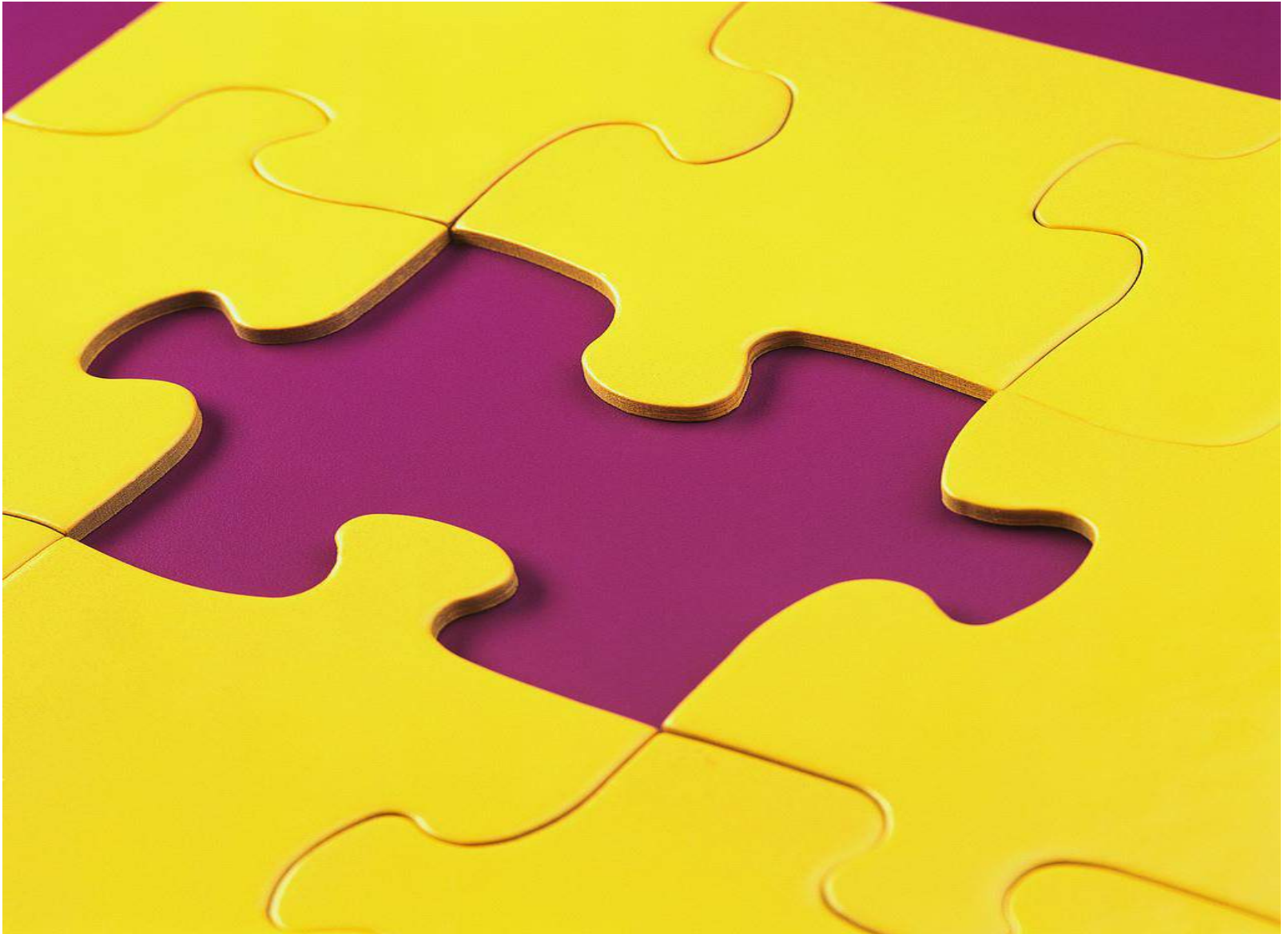
- **Conversation**
- **Curiosity**
- **Context**
- **Complexity**
- **Creativity**
- **Challenge**
- **Caution**
- **Care**



CONVERSATION



CURIOSITY



CONTEXT



COMPLEXITY



CREATIVITY



CHALLENGE



CAUTION



CARE

## To summarise...

Adopting an attitude of **Care** and **Concern**, the *narrative practitioner* can have a **Creative Conversation** led by **Curiosity** about the **Context** and **Complexity** around their colleague's or patient's problem and may **Cautiously Challenge** some aspects of the narrative in order to **Create** a more useful one.



# FOUR *golden* RULES

- Mainly **ask questions**  
**S**ingle **O**pen **S**hort
- Make your **question follow** from something already mentioned
- Do not share any **interpretations** – use these as a basis for questions instead.
- **Save advice and solutions to the end** and then only if requested