

KING'S UNIVERSITY COLLEGE, THANATOLOGY PROGRAM  
&  
THE BEREAVMENT SERVICES COMMITTEE OF LONDON

# Therapeutic Modalities in Grief and Trauma

Conference  
London, Ontario  
May 13, 2011

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## Narrative Therapy and Meaning Reconstruction in Grief and Trauma

### LEADERS



**William Cooke, MSW, RSW, RMFT, M.Div & Margotte Kaczanowska, MA, RSW**

William and Margotte are colleagues in private practice in the High Park neighbourhood of West Toronto. They independently developed a deep appreciation for the radical collaborations possible through *Narrative Therapy Practices* and for 15 years took every opportunity to study with Narrative Therapy co-founder Michael White prior to his death in 2008. They are *Field Education Instructors* with the Ryerson University *MSW Program* and Conrad Grebel University College *Peace and Conflict Studies Program*, University of Waterloo (Wm). William teaches Complicated Grief in the Continuing Education program at George Brown College. They are passionate therapists and educators who love to help students and colleagues learn *Narrative Therapy* skills and practices. Margotte works in English and Polish. William is an *Approved Supervisor and Clinical Member with the American Association for Marriage and Family Therapy (AAMFT)*. Both are avid film buffs.

[www.WilliamCooke.ca](http://www.WilliamCooke.ca)

[www.MargottePsychotherapy.com](http://www.MargottePsychotherapy.com)

## WORKSHOP DESCRIPTION

We will begin by inviting you to observe a *Narrative Interview*, where William will have a conversation with Margotte about the recent death of a close family member. Three people will participate in the interview as *Outsider Witnesses*. While observing the interview, think about how you would describe these aspects of the process: the 'posture' of the therapist; where expertise resides and how it is practiced; the questions that are asked; how problems are described; the story lines or plot lines that emerge; how death and the deceased are talked about; the on-going relationship with the one who has died.

Following the interview we will invite questions about the *Narrative Therapeutic process*.

## WHAT WE WILL CONSIDER

- the unique contributions *Narrative Therapy* makes to grief counselling, including Michael White's *Saying Hello Again* practices and the work of Lorraine Hedtke and John Winslade, authors of *Re-membering Lives: Conversations with the Dying and Bereaved*.
- an understanding of the ways in which *Narrative Practices* assist clients in appreciating and developing *on-going* relationships with deceased loved ones.

## MICHAEL WHITE

Michael White (1948-2008), one of the founders of *Narrative Therapy*, was an outspoken voice and leading light for therapists and clinicians around the world. Narrative Practice is a rich and unique resource for clinicians who wish to critically examine their approach to therapy, or learn about the transformative power and practical applications of narrative therapy.

## USEFUL READINGS AND LINKS FOR FURTHER EXPLORATIONS

### GRIEF AND BEREAVEMENT

1. Michael White, Paper, "*Saying Hello Again*." (1992)
2. Lorraine Hedtke, Paper, "*Reconstructing the Language of Death and Grief*"
3. Lorraine Hedtke, John Winslade, "*Re-membering Lives: Conversations with the Dying and Bereaved*." (2004)

### NARRATIVE THERAPY

1. Michael White, "*Maps of Narrative Practice*" (Norton, 2007)
2. Michael White, "*Narrative Practice: Continuing the Conversations*" (Norton, 2011)
3. Alice Morgan, "*What is Narrative Therapy? An Easy-to-Read Introduction*" (Dulwich, 2000)
4. Margotte Kaczanowska, Paper, "*Re-membering the Self*" (2010)
5. For more information about *Narrative Therapy* go to [www.dulwichcentre.com.au](http://www.dulwichcentre.com.au)  
[www.narrativetherapycentre.com](http://www.narrativetherapycentre.com) and [www.narrativeapproaches.com](http://www.narrativeapproaches.com)

PLEASE EMAIL US FOR FURTHER CONVERSATIONS  
OR FOR COPIES OF "SAYING HULLO AGAIN", "RECONSTRUCTING THE LANGUAGE  
OF DEATH AND GRIEF" OR "RE-MEMBERING THE SELF":  
[info@williamcooke.ca](mailto:info@williamcooke.ca) OR [connect@margottepsychotherapy.com](mailto:connect@margottepsychotherapy.com)