

Collating Stories of Loss and Hope – A Narrative Approach for Invigorating Social Workers in Health

Laura Banks, Social Worker
Gold Coast Hospital and Health Service
Blue Butterfly Community

Social Work Skills

Commitment

Being adaptable

Sense of humour

Invigorating

- Invigorating can be defined as “making someone feel fresher, healthier and more energetic”

(Cambridge Dictionary, 2014)

Narrative Therapy

- *“Narrative therapy seeks to be a respectful, non-blaming approach to counselling and community work, which centres people as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives.”*

(Morgan, 2000)

Group Reflections

- A change of perspective
- Mortality – we are not bulletproof
- Fear of disability
- Uncertainty
- Determination and drive
- Pain is temporary but giving up is permanent
- Support and hope

Narrative Ideas in Practice

- Documentation
- Letter writing
- Referral processes
- Case conference discussions
- Staying connected

“focusing more on using what you have and less on what
you wish you had”

Group Outcomes

- Friendship
- Forming relationships and getting to know people
- Getting feedback and learning new stuff
- Listening to other people's experiences
- Receiving encouragement from other participants



(Disney, 1994)

Inspirations

- Wingard, B. and Lester, J. (2001), *Telling our stories in ways that make us stronger*, Dulwich Centre Publications, South Australia.
- White, M. (2007), *Maps of narrative practice*, W. W. Norton & Company, New York.
- Morgan, A. (2000), *What is narrative therapy? An easy to read introduction*, Dulwich Centre Publications, South Australia.
- Germov, J. (2002), *Second Opinion. An Introduction to Health Sociology*, 2nd ed., Oxford University Press, Victoria.
- SKATTLE (Supporting Kids & Teens through Life Changing Experiences) www.skattle.org.au
- Dulwich Centre, A gateway to narrative therapy & community work www.dulwichcentre.com.au
- Australian Association of Social Workers www.aasw.asn.au
- Lighthouse Resources www.lighthouseresources.com.au
- Strength Cards, St Luke's Innovative Resources, Bendigo Victoria.