Narrative therapy supervision questions

for exploring a commitment or value

Focus on or trace the roots, history, origin of the commitment, pivotal turning points, supportive figures, and how the value sustains the therapist through challenges.

Origin and Roots

When did you first notice this value show up in your life or work?

Who was present or influential when this belief first took root?

What early life event or memory helped shape this commitment for you?

What did people around you value back then, and how did you respond to that environment?

Development and Milestones

How has this value changed or grown over the years?

What was a specific moment when this commitment was tested?

How did you manage to hold onto this belief during a hard time?

Who helped you feed or protect this value when it felt weak?

Impact and Action

How does this commitment show up in your daily choices today?

What does this value ask of you when you sit with a client?

In what ways does this belief guide you when navigating difficult work moments?

What difference does honouring this value make in your life?

Future and Legacy

If this value could speak, what hopes would it express for your future work?

Who might benefit from you holding onto this commitment?

How do you want to pass this value or way of thinking on to others?

Are there particular people you are thinking of to pass this value on to?

RESOURCES

https://dulwichcentre.com.au/ - you will find a significant number of useful Narrative Practice papers, videos and resources here.

Fareez, M. (2019), *Narrative tools in social work supervision: The supervisor life certificate and supervisee's journey tools*. The Internation Journal of Narrative Therapy and Community Work, No.4 www.dulwichcentre.com.au. (provided)

Morgan, A. (2000), What is *Narrative Therapy?: An Easy-to-Read Introduction*. Dulwich Centre Publications (provided)

White, M. (2000), *Reflections on narrative practice: essays and interviews by Michael White. Dulwich Centre Publications*. (Re-engaging with history: The absent but implicit – Chapter 3 – provided)

White, M. (2007). *Maps of narrative practice*. W. W. Norton & Company (Re-membering Conversations chapter – provided)

Ncube, N., & Denborough, D. (2016). The Tree of Life: A collective narrative approach to vulnerable children. In D. Denborough (Ed.), *Retelling the stories of our lives: Everyday narrative therapy to draw inspiration and transform experience* (pp. 125–140). W. W. Norton & Company (provided)

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