

# Islands of Safety

## Narrative Approaches to Working with the Effects of Trauma

2 September 2014 with Shona Russell

**VENUE:**

The Vibe Hotel, 111 Goulburn St, Sydney

**DATE:**

2 September 2014, 9:30am—4:30pm

**COST:**

\$210.00:

Members of Narrative Interest Group/  
College of Counselling Psychologists

\$150.00: Students

\$295.00: Non-members

**To register, please follow the links in  
the accompanying email.**

**APS Counselling College, Narrative Practices Adelaide, and the Narrative Theory & Practice in Psychology Interest group, present this one day workshop with Shona Russell.**

**In this workshop Shona will outline the key concepts underpinning narrative approaches to working with the effects of trauma. There will be a particular focus on the practice of double listening for entry points from which to story person's responses to trauma. We will expand on responses as a foundation for finding islands of safety which foster a reconnection with personal agency and new possibilities.**

*“Returning to some of the metaphors of territory that I proposed, we can conceive of these conversations ( Re- Authoring) contributing to the gradual opening of neglected territories of life, beginning with atolls, then islands, then archipelagos, and then continents.”*

White, Michael (2004) “Working with people who are suffering the consequences of multiple trauma: A narrative perspective”, *The International Journal of Narrative Therapy and Community Work*, 1:66

Shona will draw on her experience of therapeutic work with people who have been subject to various forms of trauma including sexual abuse, gender based violence, and political trauma including seeking asylum.

There will be opportunity for practice, questions and discussion of the relevance of this material in relation to your work.

Shona is a registered member of the AASW, trained and worked with Michael White in Adelaide and holds a Masters Degree in Cultural Psychology. Further details of her work are available on:

[www.narrativepractices.com.au](http://www.narrativepractices.com.au)