Narrative Therapy News and Training Opportunities

Trainings and Workshops

Uncommon Answers to Common Questions about Burnout: December 5th – 6th, 2025 by Sanni Paljakka & Tom Carlson

Are you tired and burned out by old ideas about burnout and self-care? Join us for an evening and a day of anti-burnout inspiration, joy, and discovery. This workshop will introduce unique narrative therapy perspectives and uncommon wisdom related to both the problem of burnout and the pathways beyond it.

We will host an intimate and deeply felt gathering that includes presentations, live interviews, and many opportunities for laughter, tears, and self-discovery. Our hope is that you will leave with a renewed reverence for the miracle of change, a lightness that relieves the anxieties and cynicisms of life, and a rediscovery of your own soul's wonder — always at the center of invisible breakthroughs.

Socrates famously said, "The one thing I do not advise is that we stay the same." This is our greatest hope, that you won't be the same after our time together.

All proceeds from this event will go to support the charitable activities of the Calgary Narrative Collective and help us fulfill our mission to offer high-quality, barrier-reduced counselling to people in need in the Calgary Area.

For more information click here: https://www.showpass.com/not-the-same-uncommon-answers-to-common-burnout-questions/.

Save the Date: 2nd Annual Contemporary Narrative Therapy Conference, November 6th – 8th, 2025

Don't miss the 2nd Annual Contemporary Narrative Therapy Conference. We are committed to bringing together some of the brightest thinkers and talented therapists who are working to reimagine narrative therapy for our contemporary times and problems. This unique workshop-style conference offers participants an in-depth look at the latest thinking in contemporary narrative therapy.

For more information and how to register: https://www.socalnarrativetherapy.com/event-details-registration/2nd-annual-contemporary-narrative-therapy-conference

JCNT Subscribers can use code "JCNT 2025" to receive a discount.

Apprenticeship in the Artistry of Narrative Practice with David Epston

Immerse yourself in this unique year-long apprenticeship with David Epston's narrative therapy practice. This is the only place in the world where you can learn directly from the co-originator of narrative practice together with his closest colleagues. We use a unique pedagogy developed over decades for teaching advanced narrative therapy practice. Nowhere else can you experience such intensive training that takes place within a very detailed story of your own therapy sessions and that of others.

This is a boutique learning experience, with between 6-10 apprentices in each cadre. New group will be starting at the end of February 2026.

The course will take place in an online learning community made up of like-minded, skilled narrative practitioners from all over the world. For more information go to: https://narrativeapprentice.com/

Three Interviews with David Epston

Counterstories, Wondefulness Enquiries, Witnessing Practices, & Possibilities for the Future with David Epston & Kay Ingamells.

This course demonstrated David's innovative teaching methods to teach the craft and art of narrative inquiry training using immersion earning through transcripts and internalized other questioning to focus on three interviews: 1) David's well-known interview and follow-up seven years later with Sebastian; 2) David's interview with counselor Viola who has met 8 times with 16-year-old Joel, and then 5 minutes in, he begins to interview her as Joel; 3) David's interview with social worker Karen as Jane and then as Jane's son, Tim. Each time, David and his

close colleague Kay Ingamells review a recorded interview, alongside a transcript, paying close attention to questions and reflections. Relevant papers, essays, commentaries and opportunities for registrants to contribute are integrated throughout the course.

For more information go to: https://reauthoringteaching.com/narrative-training/ce-courses/buses-dont-run-yet/3-interviews-david-epston/