



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, Wonderfulness 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 learning 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/>





## Voices are Nourished by Fear

Christoffer Haugaard<sup>1</sup> & Laura.

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Laura and I would like to share some of our experiences and considerations concerning voices or energies that we have wondered how best to understand. Were we dealing with a meaningless illness or perhaps a spiritual phenomenon? And regardless of which they may be, how does one manage them? Particularly if they are extremely transgressive and frightening. Early on, Laura arrived at the realization that *“fear is something that voices eat. It makes them stronger. Instead, one must practice curiosity. That leads to a positive feeling”*. This is an understanding which Laura put into practice on her own and we also made such a curiosity, as she recommended, the leading principle for our common exploration.

Our conversations took place at Aalborg Psychiatric Hospital (Denmark) between August 2019 and February 2023. The present paper is based on our collective recollections, notes written underway, and a number of sound recordings of our conversations in 2019 and 2020. Laura had asked to consult with me to better understand her voices and to share her own experience. Word had reached her of the work of documenting knowledges concerning voices that I was then engaged in<sup>2</sup>. She desired to contribute to this and some of her voices had also encouraged her to do so.

### **The voices make their appearance!**

Laura began to be able to hear voices when she was 19 years old and found herself in difficult life circumstances. She had been orphaned at 16 and had been in a poor romantic relationship for a few years, while also busy attending school. She occasionally smoked cannabis during this time. Then it happened that a number of voices began to speak to her and comment on her appearance. This was also associated with a sudden experience of being observed. Suddenly, a

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<sup>2</sup> We refer the reader to the published accounts of earlier collaborations in the Journal of Contemporary Narrative Therapy (Haugaard & Max, 2019; Haugaard & Victoria, 2019; Haugaard, Alice & Epston, 2021; Haugaard, Rose & Epston, 2021; Haugaard & Trish, 2021; Haugaard, Ava & Epston, 2023).

