

## Helping Clients Rewrite Their Stories from a Narrative Perspective - 5 CEUs

### When and Where:

- **Date:** Friday, June 9, 2023
  - If you cannot attend this workshop on 6/9, you can register for the on-demand version here: <https://www.theknowledgetree.org/p/narrative-thera...>
- **Time:** 11:00am – 5:00pm *Eastern Time*
- **CE Hours Included:** 5 Core (please see below for details)
- **Location:** Live Interactive Webinar (“Synchronous”) on Zoom
- **Investment:** \$120 before Friday, May 26th at 5:00pm *Eastern Time*, \$135 after
- **Presented by:** Linda Buchanan, Ph.D. (see bio below)
- **Workshop Recording:** A recording of this workshop is available to review for 60 days after the presentation. However, participants must attend live to receive the "Synchronous" CE Certificate.
- **Instruction Level:** Intermediate
- **Target Audience:** Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Psychotherapists, Other Mental Health Professionals

### Educational Objectives:

In this workshop, you will learn how to:

- Describe a useful model for differentiating schema, scrip and narrative
- Educate their clients on the various factors which affect the nature of narrative
- Utilize a template designed to enable their clients to increase mindfulness of the false narratives that they have developed which may be preventing them from having a satisfying life and decreasing their ability to utilize therapy effectively.
- Utilize a template designed to enable their clients to re-evaluate their false narratives and write a new narrative which is more effective and true to their authentic selves.
- Utilize specific mindfulness strategies from a variety of sources such as ACT, DBT, and CBT for rewiring the old story and replacing it with the new narrative.

### Workshop Description:

The narratives of our clients, are often full of fallacy that can negatively impact efforts toward recovery. These narratives are affected by the environment as well as the inherent sensitivity of the child and the age of the child when stressors were experienced. Stories that our clients tell themselves can contain false scripts which interfere with their ability to understand their needs and may create severe ambivalence about getting their needs met (specifically around the needs of comfort and efficacy). Additionally, every time a thought, feeling or behavior is repeated, the neural pathways are strengthened making it very difficult to believe affirmations or truths that others voice to them.

This presentation will provide a step-by-step procedure for dealing with this problem. Useful definitions of schemas, narratives and scripts will be given so that techniques can be chosen to aid in dealing with each of these phenomena. The presentation will also provide very specific strategies for helping people increase awareness of the narratives which they have developed and understand the factors that have combined to influence their narratives. Attendees will be given handouts that clients can fill out to serve as a template for writing their old story in narrative form. Additionally, they will be given handouts which enable their clients to write a new story which utilizes aspects of their authentic self. These strategies will focus on identity and values. Finally, since insight is not enough to change the brain, participants will be given specific strategies that are well-designed for rewiring the brain to be receptive to the new narrative. Strategies will be chosen from ACT, DBT, and CBT.

**Presented by: Linda Buchanan Ph.D.**



Dr. Linda Buchanan is a psychologist who has been working in the mental health field for over 30 years. She received her master's degree from Georgia State University and a Diploma from the Psychological Studies Institute (now known as Richmond University) in Christian Counseling from which she received the Distinguished Alumnus Award for her work in founding ACE. Dr. Buchanan then went on to receive her Ph.D. from Georgia State University with a specialty in family therapy. Dr. Buchanan founded Atlanta Center for Eating Disorders in 1993 which was acquired by Walden Behavioral Care in 2017. She now primarily focuses on consulting and writing. Her book *A Clinician's Guide to Pathological Ambivalence* was published in 2019, the content of which she has presented at national and international conferences. She has also self-published three workbooks (one serves as a client companion to the Clinician's Guide) which can be found on her website at [www.lindapaulkbuchanan.com](http://www.lindapaulkbuchanan.com). Additionally, she has published four research articles on the treatment of eating disorders including two outcome studies

of the treatment provided at Atlanta Center for Eating Disorders and two book chapters. Dr. Buchanan serves as a peer reviewer of American Psychological Association (APA) Journals and writes a blog called *From One Therapist to Another*, writing about experience gained in 35 years of clinical practice. She has been married for over 30 years and is the mother of two adopted sons.

**Agenda (Eastern Time):**

- 10:30am - 11:00am | Sign-In and Welcome
- 11:00am - 12:30pm | Session
- 12:30pm - 12:40pm | Break
- 12:40pm - 1:55pm | Session
- 1:55pm - 2:35pm | Lunch Break
- 2:35pm - 3:35pm | Session
- 3:35pm - 3:45pm | Break
- 3:45pm - 5:00pm | Session
- 5:00pm | Continuing Education Certificates Available

**5 Core CE Clock Hours Included - Details by License Type Below:**

- **PSYCHOLOGISTS:** The Knowledge Tree (TKT) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. TKT maintains responsibility for this program and its content. For more detailed information on the current CE ruling in Georgia, or if you are licensed in another state or country, please [click here](#).
- **COUNSELORS:** The Knowledge Tree has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP), ACEP No. 7153. Programs that do not qualify for NBCC credit are clearly identified. The Knowledge Tree is solely responsible for all aspects of the programs.
  - Counselors licensed in Georgia: Although approval through the Licensed Professional Counselors Association of Georgia (LPCA-GA) is not required for CE credit since all our courses are NBCC-approved, TKT has applied for approval for this workshop through LPCA-GA as well.
  - Counselors licensed in another state: Please [click here](#) for more detailed information.
  - Counselors Licensed in Canada: TKT has applied for approval for this workshop through the Canadian Counseling and Psychotherapy Association (CCPA).
- **SOCIAL WORKERS:** TKT has applied for approval for this workshop through the Georgia Society for Clinical Social Work (GSCSW). If you are licensed in another state or country, please [click here](#) for more detailed information.
- **MARRIAGE & FAMILY THERAPISTS:** TKT has applied for approval for this workshop through the Georgia Association for Marriage & Family Therapy (GAMFT). If you are licensed in another state or country, please [click here](#) for more detailed information.

**Registration:** To register for individual workshops, you may use our online payment option, or to pay by check you may print and complete the Registration Form and mail or fax it to our office. The registration form is available on our website: [www.theknowledgetree.org](http://www.theknowledgetree.org)

**Multiple Workshop Special:** There is a 10% Discount with registration for two workshops. There is a 15% Discount with registrations for three or four workshops. There is a 20% Discount with registration for five or more workshops.

**Refund Policy:** Refunds will be given for cancellations received at least **five days** prior to the workshop.

**Attendance Policy:** 100% attendance is required at any CE program in order to receive credit for that CE program. No partial credit is given.

**We are an approved vendor for the U.S. Department of Veterans Affairs for easy reimbursement of educational expenses for VA employees.**

For more information about our workshops, please contact us at 404-913-2005 or email us at [workshops@theknowledgetree.org](mailto:workshops@theknowledgetree.org)