

**‘Wonderfulness Cards’ ---
Hong Kong Narrative Practice**

Introduction

Our Creation and Production Team is composed of 9 Hong Kong registered social workers, who have studied Narrative Practice under Mr Huang Jin Dun, a distinguished Narrative Therapist in Taiwan.

Deeply touched by Mr Huang’s modesty and sincerity, and gently and warmly nurtured in his Narrative Workshops in Taiwan, which is a land filled with humanistic concern and ambience of nature, we wish to integrate Narrative Practice in our social services and daily life, as well as share such fantastic experiences with other helping professionals in Hong Kong.

Greatly impressed by the concerted efforts of Mr Huang and his working partners (Dr Lin Qi Tang and Dr Huang Shih Chun, Huck) in developing several decks of cards, which are useful resources for making helping endeavors more profound and interesting, we then weaved our dream together : a dream of producing our Narrative Cards with local and cultural characteristics for Hong Kong.

Our project was launched in June 2018 and completed by June 2021.

Origin

In our reunion gathering after graduation from the First Elementary Course on Narrative Therapy (November 2015 – June 2016) and the First Advanced Course on Narrative Therapy (November 2016 – November 2017) conducted by Mr. Huang in Hong Kong, we conscientiously considered the feasibility of producing a card deck which embraces both the beauty of Taiwan Narrative Cards and the uniqueness of the Hong Kong local cultural context. In the following 3 years, we met regularly to select the theme, portray the layout and delineate the content of our Narrative Cards.

In November 2018, one of our teammates participated in the Narrative Therapy Masterclass held by Mr David Epston in Singapore. He was highly inspired by Mr David Epston’s work on the wonderfulness of children. Mr David Epston has masterfully uncovered stories of children’s wonderfulness through various playful and creative means. He looks beyond the problem labels that often accompany the children referred to him. Through genuine

care and interest, he explores alternative stories beyond these problem labels, in order that children can grow and thrive. Children are engaged in playful yet empowering ways through his exciting strategies.

After sharing our teammate's reflections and gain from the Narrative Therapy Masterclass and reading "*Narrative Therapy in Wonderland : Connecting with Children's Imaginative Know-how*" (written by David Epston, Laurie Markham and David Marsten), we designate WONDERFULNESS (Moral Character) as the focus and axis of our Narrative Cards.

There are many channels or entry points to start personal conversations, such as action, body, cognition, emotion, etc. In light of the aforementioned consideration, we have decided on the exploration of wonderfulness as the place of departure and destination of this wonderful journey.

About the origin, the last but not the least : Today, we are dedicated to apply Narrative Practice with local and cultural characteristics in Hong Kong. Nevertheless, we are most grateful to Mr Michael White and Mr David Epston, co-founders of Narrative Therapy for their enlightenment on ideology and methodology, as well as ways of working and serving.

Aims

Wonderfulness Cards aim at identifying and enriching the wonderfulness of a person through Narrative-based questions and conversations. The spotlight is shifted from problems affecting persons to their preferred identities, moral character, abilities and qualities, values and beliefs, hopes and dreams, passion and sparkling moments.

Target Participants

Wonderfulness Cards are useful resources for self-exploration, nurturing youngsters as parents, and helping endeavors of professionals (e.g. social workers, teachers, student guidance personnel, life education mentors, career and life planning tutors).

They are suitable for persons able to comprehend the words of the cards.

Contents

The deck of Wonderfulness Cards is composed of 98 individual cards, categorized into 3 groups :

1 ◦ Vocabulary Cards

(simply called V-Cards, 59 cards)

We started off with extensive literature reviews, collecting approximately 200 words of wonderfulness (moral character), among which 59 were carefully selected.

In our team meetings and trial runs, our teammates and participants took turns to tell our life stories. Through narrative-based questions and conversations, our stories of wonderfulness were discovered, and moral characters were identified.

Deriving from our stories of flesh and blood, laughter and tears, 59 well-chosen wonderfulness (moral character) were finalized.

2 ◦ Question Cards (Identification of Wonderfulness)

(simply called QI-Cards, 17 cards)

With curiosity and respect, companions interview the story-teller, based on the questions chosen from the Question Cards (Identification of Wonderfulness). Through narrative-based questions and conversations, the story-teller narrates his/her story, and sees their wonderfulness in the process.

3 ◦ Question Cards (Enrichment of Wonderfulness)

(simply called QE-Cards, 22 cards)

The story-teller selects Vocabulary Cards for himself/herself. With curiosity and respect, companions interview the story-teller, based on the questions chosen from the Question Cards (Enrichment of Wonderfulness). Through narrative-based questions and conversations, the story-teller keeps enriching his/her narrative, thus seeing their favored multiple identities. His/her stories of wonderfulness are enriched and thickened.

As we believe that people have expertise on their own lives, capable of deriving their unique self-understandings and local knowledges from their stories, we designate 2 blank cards in each group, inviting participants to create their wonderfulness and questions.

Activities

Narrative Practice is applicable in both individual and collective settings. The former is termed Individual Narrative Practice or Narrative Therapy. The latter is termed Collective Narrative Practice. Collectives refer to groupings, organizations, communities and ethnicities.

We have proposed 11 activities, most of which are suitable for self-exploration, two participants as well as multiple players.

Each participant takes turns to be the story-teller telling his/her life stories and a companion who listens, asks questions and provides feedback to the story-teller.

In collective therapeutic settings, helping professionals can be the host. In other occasions, the participants can decide whether it is necessary to elect a host among themselves.

Before the start, the story-teller and companions settle down through meditation music and relaxation exercises. Before ending the activity, participants express gratitude to each other.

Through the use of outsider-witness practice, people's lives become linked with others in ways that more richly describe their alternative stories and preferred identities. Therefore, after the conversations, the host and companions are encouraged to take turn to give feedback to the story-teller with 1 or 2 Vocabulary Cards. It is expected that their feedback is guided by the principles and ethics of the re-telling in outsider-witness practice.

List of Activities

Activity 1 : Identification of Wonderfulness

Activity 2 : Enrichment of Wonderfulness

Activity 3 : Fun in Card-grabbing

Activity 4 : Uncertain Possession

Activity 5 : Understanding Each Other

Activity 6 : Wonderfulness through the Eyes of Significant Others

Activity 7 : Wonderfulness in the Eyes of Familiar Persons

Activity 8 : Quadrant Diagram of Wonderfulness

Activity 9 : Identification of Wonderfulness along Personal Timeline

Activity 10 : Enrichment of Wonderfulness along Personal Timeline

Activity 11 : Connection in Diversity

Narrative Practice in Wonderfulness Cards

1 ◦ Application of Beliefs of Narrative Practice in Wonderfulness Cards

Beliefs of Narrative Practice	Application in Wonderfulness Cards
 Belief in the expertise and local knowledges of people about their own lives and stories.	<ul style="list-style-type: none">➤ Deriving from our stories of flesh and blood, laughter and tears, 59 wonderfulness and 39 questions were finalized.➤ Each group of cards contains 2 blank cards, inviting participants to create their wonderfulness and questions.➤ Ensuring an atmosphere of curiosity, respect and transparency, and adopting a not-knowing, collaborative and co-authoring position is our responsibility.
 Narrative conversations are interactive and collaborative, guided and directed by the interests of the story-tellers, and always close to their experience and fitting with their meaning.	<ul style="list-style-type: none">➤ Wonderfulness Cards is only an instrument and their questions are solely references, opening words or entry points into stories.
 People's lives may become linked with others in ways that may more richly describe their alternative stories and preferred identities.	<ul style="list-style-type: none">➤ After the conversations, the story-teller is given feedback which is guided by the principles and ethics of Narrative Practice.

2 ◦ Application of Concepts of Narrative Practice in Wonderfulness Cards

Below are some examples of our attempts to apply the concepts of Narrative Practice in formulating questions.

Concepts of Narrative Practice	Application in Question Cards
Re-authoring Conversations ➤ Landscape of Action	 Q4 If you turn your attention to something you have worked hard on, what have you done?  Q20 When did this wonderfulness start to emerge?
Re-authoring Conversations ➤ Landscape of Identity (Intention)	 Q3 What helped you to persevere in face of difficulties?
Re-authoring Conversations ➤ Landscape of Identity (Value)	 Q30 What importance does this wonderfulness have for your present stage of life?
Re-membering Conversations	 Q7 During this process, who understood you? How would they describe you?  Q22 From whom have you inherited this wonderfulness?
Externalizing Conversations ➤ Exploring the Effects	 Q24 How would you evaluate this wonderfulness? How has it affected you?

Feedbacks of Participants on Wonderfulness Cards Workshops

Several experiential workshops on Wonderfulness Cards have been organized and feedbacks of participants have shed light on further exploration of Wonderfulness Cards in Narrative Practice.

-  It is relatively easier to tell stories, uncover wonderfulness, organize myself and better my self-understanding with Wonderfulness Cards.
-  It is worthwhile to facilitate participants to reflect upon their selection of questions and discover the many possible directions that Narrative Conversations can take as there is no single correct direction.

 It is difficult to engage people facing traumatic experience to play Wonderfulness Cards.

Closing Remarks

We sincerely hope that Wonderfulness Cards will achieve its aims of identifying and enriching the wonderfulness, alternative stories and preferred identities of the participants. And this journey of card creation has gratefully consolidated our faith in the beauty and preciousness of looking beyond problem labels and uncovering stories of people's wonderfulness.

Creation and Production Team

Victor WONG (王家明)

Natalie YUEN (阮淑慧)

Mindy LI (李慧敏)

Fiona SZE (施少鳳)

Kenris MOK (莫可聆)

Wing-sze CHAN (陳詠詩)

Ming-sai LU (陸鳴茜)

Mabel WONG (黃綺薇)

Chorus LO (盧愷茵)

Acknowledgements

We would like to extend our deepest gratitude to the following persons for their invaluable contributions !

Inspiring ideas, writings and teachings of :

Mr David Epston

Mr David Denborough

Mr Huang Jin Dun (黃錦敦老師)

Dr Lin Qi Tang (林祺堂老師)

Dr Huang Shih Chun, Huck (黃士鈞(哈克)老師)

Enthusiastic Participation in Trial Activities :

黃萱然

Daisy + 睿

文梓康

陳思敏

鄧嘉亨 (**Henry**)

洪寶琪

陳培桑 (**Anson**)

鄭康健 (**Leo**)

李浩言

洪均婷 (**Bella**)

高洛斯 (**Christine**)

莊博皓

林子穎

吳婉瑩

許雅喬

陳穎彥

梁浩天

朱小兜

麗婷

呂美芝

Miu Miu

李婉芬

Celine

Connie Tang

Yvonne Chong

布健兒

Laven Ngai

Mavis Ho

Janet Kwan

MOHAMMAD WAQAS BUTT

Tauqir Ahmad (Sultan)

Farah

Rehman Kubra

Sunwar Muku

KHAN AWAIS

BARAILY SALOMY

Sajid Kiran

Bano Aisha

Hafiza

Ron Fong

Generous Support in English Translation :

Dr Paul Sze

Generous Support in Chinese Editing :

應天

Intensive Commitment in Drawing and Design :

綿綿

小半

Ikey Poon

References

Denborough, D. (2008). 《*Collective Narrative Practice: Responding to individuals, groups, and communities who have experienced trauma.*》
Adelaide, South Australia: Dulwich Centre Publications.

黃錦敦、林祺堂 (2010)。《悟卡：敘事治療重組會員對話卡》。台灣：健康卡片發明家有限公司。

黃錦敦、林祺堂 (2013)。《哇卡 2——創意問句版／生命故事卡》。台灣：健康卡片發明家有限公司。

黃錦敦、黃士鈞 (2014)。《熱情渴望卡》。台灣：健康卡片發明家有限公司。

黃士鈞 (2015)。《生涯規劃全系列：卡片帶領手冊》。台灣：健康卡片發明家有限公司。

Epston D., Markham L. & Marsten D. (2017). 《闖進兔子洞：魔幻奇境的敘事治療》 (*Narrative Therapy in Wonderland : Connecting with Children's Imaginative Know-how*)。台灣：張老師文化事業股份有限公司。

黃錦敦 (2018)。《最想說的話，被自己聽見：敘事實踐的十五堂課》。台灣：張老師文化事業股份有限公司。