

NARRATIVE THERAPY RESEARCH PROJECT

Integrating narrative practices, participatory training, and co-research,

A collaborative partnership between Hincks-Dellcrest Institute, University of Toronto / Faculty of Social Work, University of Western Ontario (Kings College) Faculty of Social Work

SUMMARY OF RESEARCH PRACTICES

Exploratory Anthropological Field Research Design

Critically Reflective Practices

Practice-Based Evidence

(viewing practice as re-search)

Two families were seen concurrently in the morning and in the afternoon – total 4 per day, one day per week.

Comprehensive field notes were used to gather data and all activities were video-taped and archived

- **Session Pre-Briefing:** What were the therapist hopes for the session? What were the therapist skills project? What should the team pay attention to?
- **Outsider Witnessing Team:** Behind the one-way mirror and in the therapy room.
- **Post session debriefing with therapist.** What stood out about the session? What “pulls” were experienced? What did those pulls point to for the therapist skill development? What did the family appreciate the most?
- **Post session interview with family:** Conducted by a research assistant. What stood out for family members that they appreciated about the session? What will they take with them?
- **Group journaling:** What stood out for each trainee during the overall day? Information/data and learning were archived.

Follow-up research practices:

Families were contacted at two months from their last session. At that time a short telephone session was conducted. Families were questioned about change. Were changes that were made in therapy sessions sustained over time? They were also invited to return for one more session with the research assistant and watch a recording of their session and/or the recording of the outsider witnessing team. They were given a remote control and encouraged to pause the recording at the moments that they thought stood out and were influential for them. They would then discuss why those moments had particular meaning for them. Notes were taken of those discussions, and they were shared with the families, analysed for trends, and archived.