

# **Narrative Therapy Tree of Life Project**

**This project is about identifying all the different aspects of your identity; including your past, future goals, strengths and support system. For each section, draw part of your tree and write notes around it. There is a tree outline and some examples on the back of this worksheet.**

## **ROOTS**



### **Where you come from and your family:**

- What roots do you have in your life? How important are these?
- Does your past influence who you are today?
- Do you have any favourite memories?
- Has your perception of your roots changed over time?
- Where were you born? Where did you go to school?

## **GROUND**



### **Your present life and day-to-day activities you engage in:**

- What is the ground like in your life? Is it fairly stable or frequently changing? (could represent with flat or bumpy ground)
- What influences you on a daily basis?
- Who do you live with? Where do you go to school/work?
- Do you have a favourite place that you visit?

## **TRUNK**



### **Your skills and abilities:**

- What talents and coping skills do you have?
- Can you play an instrument/draw/write? Are you helpful/kind?
- How important are these abilities to you? Do you value them in others?
- Do you find it easier to think of your faults compared to your skills?
- Are there any skills other people think you have?

## **BRANCHES**



### **Your hopes and goals:**

- If you could have three wishes, what would they be?
- Do you hope for health, happiness, success, money, family *etc*?
- Do you aspire to be a nursery nurse, actor, vet, *etc*?
- How achievable do you feel your aspirations are?
- What would need to happen for you to achieve these?
- Do you have hopes and wishes for other people in your life?

## **LEAVES**



### **Important people in your life:**

- Who plays an important role in your life?
- What type of influence have they had? If they've helped, how?
- Do you feel that you have played an important role in their lives?
- How might your relationship change in the future?
- Are there who have passed away - leaves in the wind?

## **FRUIT**



### **Gifts from important people:**

- Have these people provided you with a shoulder to cry on/support/compliments?
- What have your parents taught you?
- Have they ever given you a material gift which meant a lot to you?
- How have these gifts helped you?
- What have you given them in return?

## **STORMS**



### **Challenges:**

Include everything from family conflict, mental health problems, lack of resources, loss of important people in your life, etc.

- What storms have you experienced in the past?
- How did you manage with these?
- What storms do you think there might be in the future?

# Tree Of Life Activity Therapy

**R Sanford**



## Tree Of Life Activity Therapy:

*Understanding and Supporting Refugee Children and Young People* Tina Rae, 2023-05-11 This book is the go to resource for those parents and professionals seeking to support children through the trauma of war and conflict Not only does it provide the evidence base for effectively integrating refugee children into their new schools but it also introduces the reader to a range of key tools and strategies to both understand and manage anxiety and trauma related behaviours Practical and user friendly it demystifies the process of talking about difficult topics providing helpful advice on how to do this in a trauma informed way making use of effective tools from therapeutic approaches to help our children and ourselves remain regulated and able to engage in post traumatic growth DAMPs across the Tree of Life, Volume 2: Regulated Cell Death and Immune Responses S.-Y. Seong, Walter Gottlieb Land, Hans-Joachim Anders, Martin Heil, Massimo E. Maffei, 2022-04-26 The Life Tree Carlos Araujo Carujo, 2022-05-04 Health and Longevity Learn to think and act ahead and avoid future health problems Get rid of the diseases of society so as not to lose the essence of life and its real meaning Get rid of chronic diseases Guarantee your exemption from attempts at cure by fixing on perfect immunity And this is something urgent that you have to do *Poetry and Story Therapy* Geri Giebel Chavis, 2011-08-15 This accessible book explores the therapeutic possibilities of poetry and stories providing techniques for facilitating personally relevant and growth enhancing sessions The author provides ideas for writing activities that emerge from this discussion and explains how participants can create their own poetic and narrative pieces *Handbook of Counseling and Psychotherapy with Older Adults* Michael Duffy, 1999-07-15 With the graying of society therapists are seeing more and more older clients In this book editor Michael Duffy brings together leading experts to explain the unique problems of older adults and describe effective treatment techniques **A Relaxed Life** Isaac Lasley, 2012-02-03 The natural remedies and therapies described in this book can improve your quality of life on many levels Simply making a cup of herbal tea can help you to cure various aches and pains help to combat diseases and even cancers as well as to better help you deal with life transitions like menopause **Health Promotion Throughout the Life Span - E-Book** Carole Lium Edelman, Elizabeth Connelly Kudzma, 2017-07-25 Promote health and wellness for all ages and population groups Health Promotion Throughout the Life Span 9th Edition provides a comprehensive guide to leading health promotion concepts from assessment to interventions to application Its lifespan approach addresses patients unique needs with case studies and care plans with an assessment framework based on Gordon s Functional Health Patterns New to this edition is expanded coverage of genomics and QSEN competencies Written by nursing experts Carole Edelman and Elizabeth Kudzma this bestselling text covers all the latest research and trends in health promotion and disease prevention Separate chapters on population groups the individual family and community highlight the unique aspects of assessment and health promotion for each group Coverage of growth and development helps you apply health promotion concepts to each age and each stage of development through the lifespan Case studies present realistic situations with questions asking you to

apply key concepts and care plans include nursing diagnoses defining characteristics related factors expected outcomes and interventions Quality and Safety Scenario boxes focus on QSEN related competencies with examples of health promotion Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented Healthy People 2020 boxes present goals and objectives relating to national health issues and priorities Research for Evidence Based Practice boxes summarize current health promotion studies showing the links between research theory and practice Diversity Awareness boxes address cultural perspectives relating to planning care Hot Topics boxes introduce significant issues trends and controversies in health promotion Think About It clinical scenarios open each chapter and include questions to encourage critical thinking NEW An increased focus on genomics reflects scientific evidence supporting the use of genetic tests and family health history to guide public health interventions NEW Expanded discussion of QSEN competencies is included as related to health promotion NEW Guidelines and recommendations are included from the latest Guide to Clinical Preventive Services from the U S Preventive Services Task Force NEW The latest information about the Affordable Care Act is included NEW Updated photos reflect the latest in health promotion and disease prevention

**Pain Relief in Advanced Cancer** Robert G. Twycross,1994 It is six years since publication of *Therapeutics in Terminal Cancer* This is the new second edition of this successful book which is pitched at just the right level for quick reference and practical advice It covers the full range of cancer symptoms in all types of the disease It describes the mechanisms and types of pain and defines the many approaches and their capabilities now available for the relief of pain

**Brainstem Neural Networks Vital for Life** Cecilia M. Heyes,Fiona M. Tomley,John G. Nicholls,Mark A. Ragan,James O. McInerney,Julian F. R. Paton,Ludwig Huber,Martin W. Shirley,James Albert Lake,Marcel Brass,2009 *Health [a Monthly Devoted to the Cause and Cure of Disease]* ,1899 Textbook of Pediatric Advanced Life Support American Heart Association,1994

*The American Journal of Occupational Therapy* ,1994 The Life of the Theatre Julian Beck,1986 *Limelight* He did what he wanted to do with his wife Judith Malina he created the Living Theatre Not an ivory tower however a headquarters of revolution a guerrilla theater though a pacifist one He didn't get the kind of death he wanted but he had had the life he wanted When such a life has been lived who dares say theater is just a business Who dares say it is just an art Eric Bentley

**Therapeutic Recreation in Health Promotion and Rehabilitation** John Shank,Catherine Coyle,2002 This new text is the most comprehensive and detailed explanation of therapeutic recreation clinical practice yet Clinical practice a systematic and intentional process of facilitating change is placed in the most current context of health promotion and disease prevention This text provides a comprehensive detailed explanation of TR clinical practice and is suitable for use across several courses This book will be a valuable resource for educators practitioners and students

**Recreation** ,1926 "Life--be in It." ,1986 **American Book Publishing Record** ,2003 **Star of the West** ,1927 *Life Management Skills V* Kathy L. Korb-Khalsa,Estelle A. Leutenberg,1999 **The Playground** ,1926

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