

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

Dr. Monalisa Nayak



Tree Of Life Activity Therapy:

Environmental Arts Therapy and the Tree of Life Ian Siddons Heginworth, 2011-10 Environmental arts therapy and the Tree of life guides us through the Celtic calendar to explore the relationship between the feeling experience of the human heart and the turning year Practical poetic innovative and magical it invites us to make environmental art and ritual a vital and healing part of our lives once again and teaches us how to take the personal issues that bind and oppress us out into Nature where they can be met confronted and transformed Therapeutic Activities for Children and Teens Coping with Health Issues Robyn Hart, Judy Rollins, 2011-05-03 Winner of the American Journal of Nursing Book of the Year 2011 Category Maternal And Child Health Building on children's natural inclinations to pretend and reenact play therapy is widely used in the treatment of psychological problems in childhood This book is the only one of its kind with more than 200 therapeutic activities specifically designed for working with children and teenagers within the healthcare system It provides evidence based age appropriate activities for interventions that promote coping The activities target topics such as separation anxiety self esteem issues body image death isolation and pain Mental health practitioners will appreciate its cookbook format with quickly read and implemented activities 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 **Reclaiming Lives from Sexual Violence** Tim Donovan, Dale Johns, 2022-03-28 This book takes an innovative approach to using narrative therapy in counselling people who have been subject to childhood sexual abuse Reclaiming Lives from Sexual Violence presents an illustrative case study of the authors Tim the therapist in consultation with Dale the client who was sexually abused as a child by a clergy member The book is unique in documenting their therapeutic work using transcripts taken directly from their sessions together This narrative approach invites the reader to consider different ways of engaging in therapy in order to challenge the dominant social discourses around masculinity and shame Looking at shame from a position of value awareness rather than a deficit perspective this book extends counselling to consider the individual experience as political and one that must be shared outside the one to one therapy environment This will be an essential resource for beginning or established therapists and practitioners working with clients who have been victims of sexual violence Empowering Mindfulness for Women Leigh

Burrows,2021-04-13 Empowering Mindfulness for Women is centred around a a 5 day intensive mindfulness course attended by eight women from different backgrounds The reader is invited to imagine they are actively participating in the teaching and learning moments and turning points encountered in teaching and learning mindfulness around themes such as making space for mindfulness safeguarding mindfulness for women engendering mindfulness mindfulness dreaming and a mandala of wisdoms Evocative accounts of experience bring to life the women s growing awareness that mindfulness can be both a separate practice and a natural part of life and that it can help them to nurture what they have neglected in themselves by not tapping into the full spectrum of their experience Each chapter provides useful follow up activities and questions for individual or group reflection journaling sharing and conversation Empowering Mindfulness for Women is aimed at those who teach mindfulness to women in educational community or clinical settings and at women who want to learn mindfulness in a manner that positions them as experts in their own learning *The SAGE Handbook of Counselling and Psychotherapy*

Terry Hanley,Laura Anne Winter,2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and approaches Lifespan modalities and technology Settings **Centering Prayer and Rebirth in Christ on the Tree of Life**

Kess Frey,2013-10-15 This unique book draws on the secret wisdom of Israel Qabalistic Tree of Life to describe the soul s inner purification healing and rebirth in Christ rooted deep in the mysterious process and inner silence of non conceptual contemplative prayer Prayer in secret Matt 6 6 is prayer in the unconscious Using the Tree of Life as a map of universal creation and the individual soul Macrocosm and microcosm Centering Prayer and Rebirth in Christ offers a detailed and revealing look into the hidden workings of the Spirit in the soul s inner depths When read slowly and thoughtfully this book elevates the mind offering what is for most of us a new vision of our evolving life in Christ and Christ in us The essence of Centering Prayer is consenting to God s presence and action in us and in our life The work of the Spirit in us aims to bring us from the limitations and disappointments of our false self over identification with the separate self sense of ego and its ill conceived desires into the fulfillment of our true self as a spiritual being As the false self s obstacles are removed by the divine action which needs our willing consent and cooperation our growing freedom to consent becomes cause for increasing peace and joy in the soul This is a gift of divine love that

brings us step by step into the fullness of our life in Christ which is a continuing rebirth into the limitless light life and love of the divine consciousness The intended purpose of Centering Prayer s conceptual background is to support the actual practice of non conceptual contemplative prayer and the wondrous process of inner spiritual unfolding that Centering Prayer facilitates Positive Psychotherapy Dr. Monalisa Nayak,2025-05-12 Positive Psychotherapy Integrating Positive Psychology into Psychotherapy for Lasting Change edited by Dr Monalisa Nayak and Mohammed Nisar is an attempt to concisely yet insightfully explore different therapeutic approaches This book is intended to be of benefit to students practitioners and enthusiasts alike by exploring evidence based techniques and practical applications that can promote good mental well being Sincerest gratitude to the students who contributed and whose support and curiosity have been a constant source of inspiration for this endeavor **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 *Building Resilience to Trauma* Elaine Miller-Karas,2015-02-20 After a traumatic experience survivors often experience a cascade of physical emotional cognitive behavioral and spiritual responses that leave them feeling unbalanced and threatened Building Resilience to Trauma explains these common responses from a biological perspective reframing the human experience from one of shame and pathology to one of hope and biology It also presents alternative approaches the Trauma Resiliency Model TRM and the Community Resiliency Model CRM which offer concrete and practical skills that resonate with what we know about the biology of trauma In programs co sponsored by the World Health Organization the Unitarian Universalist Service Committee ADRA International and the department of behavioral health of San Bernardino County the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue

Communicating With Families Michelle O'Reilly,Nikki Kiyimba,2023-09-21 This textbook uniquely highlights the particular complexities of working systemically with couples and families with children It is designed to be student and practitioner oriented by drawing on real world examples of therapeutic encounters in mental health settings to illustrate how theory can inform practice Good communication is the cornerstone of good clinical practice and is foundational for building therapeutic alliance Although therapists and counsellors are often highly skilled in their therapeutic modalities this book offers additional practical suggestions about how families engage in social actions and positioning themselves and others in their talk The book also takes wider micro and macro ecological systems within which systemic psychotherapists and counsellors work into account and consider the ways that these larger social influences are experienced within institutional

discourses The book will be a valuable resource across a broad spectrum of professions and researchers including counsellors psychotherapists family therapists psychiatrists nurses play therapists speech and language therapists and mental health social workers *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

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

The Tree Climbing Cure Andy Brown, 2022-12-15 Our relationship with trees is a lengthy complex one Since we first walked the earth we have at various times worshiped them felled them and even talked to them For many of us though our first memories of interacting with trees will be of climbing them Exploring how tree climbers have been represented in literature and art in Europe and North America over the ages The Tree Climbing Cure unpacks the curative value of tree climbing examining when and why tree climbers climb and what tree climbing can do for and say about the climber s mental health and wellbeing Bringing together research into poetry novels and paintings with the science of wellbeing and mental health and engaging with myth folklore psychology and storytelling Tree Climber also examines the close relationship between tree climbing and imagination and questions some longstanding problematic gendered injunctions about women climbing trees Discussing among others the literary works of Margaret Atwood Charlotte Bronte Geoffrey Chaucer Angela Carter Kiran Desai and J R R Tolkien as well as work by artists such as Peter Doig Paula Rego and Goya this book stands out as an almost encyclopedic examination of cultural representations of this quirky and ultimately restorative pastime

Viruses, Genetic Exchange, and the Tree of Life Arshan Nasir, Gustavo Caetano-Anollés, Jean-Michel Claverie, 2020-01-23 **Digital Innovations for Mental Health Support** Prescott, Julie, 2021-11-19 Given the migration to more technologically driven services and resources in today s world as well as the range of digital innovations and research that have taken shape throughout the COVID 19 pandemic it is important to consider the role that such advancements have played in supporting mental health initiatives Throughout the COVID 19 pandemic mental health service providers utilized technology and online environments more than ever before to care for people s mental health and emotional needs which has forced us to raise questions like how COVID 19 has impacted mental health support and services and how technology has helped people with their mental health through this ongoing crisis along with outlooks for the future Digital Innovations for Mental Health Support explores a range of current developments and topics surrounding the application of technology in mental health services including the need to examine the availability and forms of technologies to support mental health how technology is received by people and the providers of services utilizing technology how online platforms are increasingly

being used for support and how efficacious these are as well as how they are monitored and the issues that arise from their use This publication provides an outlet with chapters focusing on empirical studies across a variety disciplines that utilize technologies and online platforms to support mental health and emotional well being including psychology counseling medicine education and psychiatry Covering topics such as counseling online and computer games to support mental health it is ideal for researchers academics healthcare professionals and students

Skills and Knowledge for Life Story Work with Children and Adolescents Katie Wrench,2024-06-21 Life story work allows care experienced and adopted young people to understand their histories and come to terms with their feelings about the past This accessible guide helps therapists and social care professionals to develop their skills to support children and families through their life story journey It builds on the fundamental 6 step model for practice to incorporate elements from a variety of therapeutic approaches from DDP to creative therapies Theoretical explanations case vignettes and practical suggestions provide guidance on practice based issues in life story work such as working with parent carer child dyads incorporating a birth family perspective talking about traumatic stories managing endings and constructing the life story book Essential reading for anyone undertaking life story work this guide enhances a time tested model with up to date research and new ideas for overcoming the most common challenges practitioners face when delivering life story work

Stories of Therapy, Stories of Faith Lex McMillan,Sarah Penwarden,Siobhan Hunt,2017-03-28 Stories of Therapy Stories of Faith is a collection of stories from therapists who have amplified the theology already present in their work In particular these authors a group of counseling practitioners and educators bring forward a dialogue between their practices and a social Trinitarian theology that emphasizes the relational nature of God and humans The resulting stories of practice give voice to the ethical hope that counseling practice is participation in the redemptive story of the Gospel The authors write about their motivations for practice in initiatives as diverse as parenting trauma work opposing bullying in schools reengaging orphaned African children with their heritage providing hospitality for difference and counselor education Stories of Therapy Stories of Faith will be of interest to counselors and counselor educators particularly those drawn to developing their ethical and theological commitments within their therapeutic practices

Sensors for Everyday Life Octavian Adrian Postolache,Subhas Chandra Mukhopadhyay,Krishanthi P. Jayasundera,Akshya K. Swain,2016-10-27 Sensors were developed to detect and quantify structures and functions of human body as well as to gather information from the environment in order to optimize the efficiency cost effectiveness and quality of healthcare services as well as to improve health and quality of life This book offers an up to date overview of the concepts modeling technical and technological details and practical applications of different types of sensors It also discusses the trends for the next generation of sensors and systems for healthcare settings It is aimed at researchers and graduate students in the field of healthcare technologies as well as academics and industry professionals involved in developing sensing systems for human body structures and functions and for monitoring activities and health

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