

Title:

Transforming Narratives in Therapy: Contributions from Therapeutic Process Research

Abstract:

Individuals, families, and societies engage in the construction of meaning and historical identities through storytelling processes. Therapeutic narrative approaches are centered around the deconstruction and reconstruction of stories, aiming to introduce complexity and diversity by bringing forth alternative voices and versions of events that enrich narratives about individuals and their challenges. The process of storytelling in therapy involves a focus on narrative dimensions that evolve during therapeutic interventions, leading to changes in the narratives presented.

Research on therapeutic processes, particularly focusing on narrative change in therapy sessions, has been conducted using the Assessment System of Narrative Change (ASNC) (Sequeira & Alarcão, 2012) with a sample size of 139 sessions. The analysis of these sessions sheds light on the narrative transformations and dimensions that are associated with both good and poor therapeutic outcomes. These findings provide valuable insights into the impact of narrative changes on the effectiveness of therapy.

By delving into the complexities of storytelling processes within therapy, practitioners can better understand the dynamics of narrative change and its implications for therapeutic outcomes.

Joana Maria Aleluia Gomes Sequeira is a Psychologist, Systemic, Family and Couple therapist.

PhD in Clinical Psychology, and Specialist in Clinical and Health Psychology. Assistant Professor at the Miguel Torga Higher Institute (ISMT), Coimbra, Portugal where she coordinates and teaches several issues in the Psychology Degree (bachelor) and Masters in Clinical Psychology. Scientific Coordination of the Master's in Clinical Psychology - Coordinator of the area of Specialization in Family and Systemic Therapies (ISMT).

Member of the Board of the Portuguese Family Therapy Association and also Trainer and Supervisor at the same Association.

Member of the EFTA General Board (European Family Therapy Association, Trainers Institute Chamber) and Secretary of the EFTA TIC Board (European Family Therapy Association, Trainers Institute Chamber).

Her scientific publications and conference presentations are mainly in the areas of Family Psychology, Clinical Psychology and Systemic Therapies, Evaluation of the Therapeutic Process, Narrative Change, Narrative Therapy, Evaluation of Family Functioning in Different Contexts and Life Trajectories and Families and parents in Divorce Trajectories.

She is co-author of parenting intervention programs (Children in the Middle of Conflict Program and Children In Between Program adapted for the Portuguese population) - Center for Divorce Education, Ashland, USA.