

## Narrative Therapy Report

Tele Manas Cell in association with Directorate of Health Services organised session on Narrative Therapy for the Counselors, which would help the Counselors in enhancing their skills. The Session was held on 27<sup>th</sup> October 2023 at South Goa District Hospital, Margao.

I, Mr. Swapnil Sinari and my colleague Ms. Shazia Shaikh (College Counselors at Govt. College, Khandola) attended the Session.

The Resource Person for the session was Dr. Rohan V. (Consultant Psychiatrist).

As explained by Dr. Rohan V., Narrative therapy is a form of Psychotherapy that emphasizes the importance of story and language in development and expression of interpersonal and intrapersonal problems. The term Narrative implies listening to and telling or retelling stories about people and the problems in their lives. Most often Narrative approach involves writing poems, bibliotherapy and story telling.

Dr. Rohan V. explained how story telling in Counseling can be key to successful outcomes. He explained it by giving examples involving story telling.

Overall the session was very informative and knowledgeable which would definitely help the Counselors in enhancing their skills.