1-1-2005

CO 520 Narrative Counseling

Tapiwa N. Mucherera

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Asbury Theological Seminary

Draft

A Syllabus and General Guide for
Narrative Counseling
CO520
Fall 2005

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Associate Professor of Pastoral Counseling
Asbury Theological Seminary
Course Description:

This course is designed as an examination of the theory and practice of a postmodern approach to counseling from the perspective of narrative. The process of authoring and reauthoring lives through stories will be examined from the disciplines of literature, psychology, Bible, theology, psychotherapy and spiritual direction.

I. General Goals: By the end of the course CO520 students are expected to:

1. Develop a basic understanding of the issues of postmodern theory and techniques of counseling.
2. Integrate narrative theory with the practice of narrative counseling.
3. Understand the importance of exegesis in Biblical counseling.
4. Examine the importance of asking timely, well-formulated questions.
5. Explore how their own lives have been authored and discover ways to reauthor themselves from the perspective of the biblical metanarratives.
6. Find cross-cultural means of communication,
7. Discover ways to become practitioners of Narrative Counseling,

II. Prerequisite For the Course:

Time: The class will Tuesday: 6:15 – 9:00pm

V. A. Course Reading: A minimum of 1500 pages of reading in textbooks and research projects will be required. A 8 to 10 page double spaced annotated bibliography will be submitted as part of the class work.

B. Research Projects: Students will select a topic related to narrative studies for research and write a 18-20 page academic research paper.

Narrative Counseling Research paper

Detailed directions on writing the paper will be given in class Oct 18th, 2005
You can start your paper with a story (personal or someone’s). The story would take about ½ to ¾ of the first page of your paper and it is typed and single-spaced. You can also choose to present a case or scenario as your starting point with same length. From the case or story then you are to apply the concepts and process applied in Narrative counseling that we have learned listed below. This is a research paper so I expect you to use material outside of the assigned
readings. Properly cite your sources. The rest of your paper is double-spaced, and follows the APA, Slade or Turabian style of writing. The paper is 15 – 18 pages and is due by Dec, 2005.

**Must use**
Internalized conversations
Naming and externalizing the problem
Scaffolding – tracing the history of the story or problem
Deconstruction (Dominant story, Thin to Thick description, Exceptions /landscape of identity /action)
Re-Authoring / Re-storying / Alternate story/ Re-membering conversations/ Miracle Question
Definitional ceremony -Outsider –witnesses

**Optional**
Birth mythologies or Personal mythologies
Biblical myth
Community mythologies or folk tales

C. Role Play Sessions: Students will be asked to Role play narrative counseling skills in class sessions and this will be used to evaluate integration of academic knowledge and clinical skills. You are to practice these role plays outside of class at a time agreeable to your group members.

Evaluation System:
The following percentages will determine the numerical and the letter grade.

- **45%** Research project
- **30%** Team role-play and class discussion
- **25%** Reading report (Annotated reading report 5 textbooks – 8 to 10 pages double spaced)

Due date:

VII. **Texts:**


Adelaide: Australia Dulwich Centre, 2000

When you get to the site (article), click on Introduction and the whole article will show. 
You can read it there or download etc. The title of the article is: **Unexpected Journey:** 
*Invitation to Diversity.* By Dean Lobovits and John Prowell.

7) Mucherera T. N. “Narrative Counseling from a Non-Western Perspective,” In, *Therapeutic 
Conversations: Therapy from Outside in*, edited by Stephen Madigan, Yaletown Family Therapy, 2004. (Professor will provide)

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**Class Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Topic</th>
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<tbody>
<tr>
<td>Tuesday Sept 6</td>
<td>Introduction to N.C.</td>
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<td>Tuesday Sept 13</td>
<td>Telling Our Stories</td>
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<td>What is in a story? – Story</td>
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<td>Story Listening Skills - Barriers</td>
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<td>Tuesday Sept 20</td>
<td>Narrative Concepts, assumptions &amp; process</td>
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<td>Tuesday Sept 27</td>
<td>Video on Narrative Counseling</td>
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<td>Asking Questions Lecture</td>
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<td>Tuesday Oct 4th</td>
<td>Developing An Attitude of Hope - Healing</td>
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<td>Discovering Competencies, Building on Strengths</td>
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<td>Tuesday Oct 11</td>
<td>Cinephotography Stories</td>
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<td>Past-present, Present-present, Future-present</td>
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<tr>
<td>Tuesday Oct 18</td>
<td>Cross-Cultural Counseling Conversations</td>
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<td>Non-Western counseling practices</td>
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<td>Tuesday Oct 25</td>
<td>Cross-cultural narratives and diversity issues</td>
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<td>Practice of Narrative Cross-cultural conversations</td>
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<td>Tuesday Nov 1</td>
<td>Uncovering Biblical Stories of faith</td>
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<td>Using Scripture</td>
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<td>Annotated Bibliography due in class</td>
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<tr>
<td>Tuesday Nov 8</td>
<td>Limitations &amp; strengths of Narrative Practice</td>
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<td></td>
<td>Writing Narrative conversations</td>
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Tuesday Nov 15
Theory to practice

TUESDAY Nov 22 ------------------------------- No Class- Spring Reading Week
Tuesday Nov 29
Theory to practice

Tuesday Dec 6
Theory to practice

Monday Dec 12th
Final Research project due- no exceptions

VIII. Bibliography:


