Getting people the help they need when they need it.

Training at your organization
With Jim Duvall

Collaborative, competency-oriented approaches to change
Brief Narrative Therapy Training and Consultation
1, 2 or 3-day workshops custom designed for your organizational culture
5 &10-day certificate programs

Keynote presentations
Training for walk-in clinics, single-session, time-sensitive therapy
Program design and implementation
Organizational consultation

JST Institute www.jstinstitute.com
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About Jim Duvall

Jim Duvall is Co-Director of JST INSTITUTE and the Editor of Journal of Systemic Therapies. He is a sought after trainer, public speaker, consultant, author and editor and is recognized for his extensive practice and research involvement in brief and narrative practices. He consults with organizations throughout Canada, US, Australia and Asia about how to integrate brief and narrative practices with socially just principles to create accessible, collaborative, competency-oriented services for people.

Jim served for over 20 years as the Director of Training and Education at Hincks-Dellcrest Institute in Toronto, Ontario and was Director of Brief Therapy Training Centres-International. Jim has spent over 300 hours studying and collaborating in training, writing and community projects with Michael White, co-founder of narrative therapy.

Jim is passionate about working with narrative practices through a wide range of contexts including therapy, teaching, community work, organizational consulting and research. His training includes illuminating research, enlightening examples and stories attendees will recollect and retell long after the training has finished. He is noted for his upbeat and interactive teaching style and his ability to render complex concepts understandable.

When he is not writing, teaching or training he can be found playing music with his friends or boating on the Gulf of Mexico with his partner, family and their dog, Banjo.

Testimonials

Jim Duvall is a superb teacher, trainer and mentor and when you take a seminar with him, prepare to experience paradigm shift. Jim uses humor, metaphor and clinical cases (stories) that not only bring the theoretical material to life but actually helps the trainee remember the ideas and concepts long after the course has ended.- Nancy Webb MSW, RSW, Director, Office of the Children’ Lawyer

Besides being a consummate educator, making elusive theoretical ideas and clinical skills readily accessible, Jim Duvall has a rare talent for travelling—and helping others to travel—outside familiar therapeutic “boxes” and into landscapes of possibility, innovation, and reward. It’s been a privilege to be associated with this master in his field.- Robert Maclennan - Psychotherapist

The Mark Twain of Narrative Therapy; Jim’s uniquely charismatic style of presenting is like going on an adventure with Huckleberry Finn. His down-to-earth approach is highly engaging, allowing participants to experience a meaningful connection with the practices of collaborative therapy. – Ari Shapero MSW, RSW Social Worker
Jim’s publications include numerous books, book chapters, articles and a policy paper. The policy paper (Duvall, J., Young, K., Kays-Burden, A., 2012), *No more, no less; Brief mental health services for children and youth* provided recommendations for the delivery of brief, collaborative, competency-oriented mental health services to children youth and families throughout the Province of Ontario.

The Ministry for Children and Youth of Ontario accepted the recommendations and mandated that Brief Core Services (non-pathologizing) be made available to children and families in every community in the Province. He also co-authored the Brief Services Online Course for CMHA Ontario (Duvall & Young, 2015).

Sample Consultations and Training provided

Our Lady of the Lake University / Life Changing Conversations Conference / Houston, TX
Texas Association of Marriage and Family Therapy / Annual Conference/ Keynote, Austin, TX
Texas Association of Marriage and Family Therapy / Annual Conference/ Keynote, TX
Hospital for Sick Children, 4-day Certificate Program, Toronto, ON
Dulwich Centre / Conference / Keynote & workshops, Sydney, Adelaide, Alice Springs, Brisbane, AU
Guelph Community Health Centre / Organizational review, Guelph, ON
Waypoint Mental Health Centre / Organizational review SW department, Penetanguishene, ON
Six Nations Reserve / Town of Caledonia, Consulting Project re: Native Land Claim, Caledonia, ON
The Mental Research Institute, Organizational consultation, Palo Alto, CA
Ontario Provincial Government, Department of Public Works. Consultation project. Toronto, ON
Children’s Mental Health Ontario, Conference, Policy paper presentation. Toronto, ON
Dalhousie University, Narrative Practices presentation. Halifax, NS
Ontario Assn. of Consultants, Counselors, etc., Conference, Keynote, Toronto, ON
National Association of School Psychologist, 1-day Narrative Therapy workshop Atlanta, GA
The Academy of Human Development Pte Ltd, Narrative Therapy workshop. Singapore
The Youth Services Bureau of Ottawa. Walk-in Clinics. Ottawa, ON
Evanston Family Therapy Center. Narrative Therapy training, Chicago, Il.
Conversation Fest, Narrative Therapy & Collaborative Practices League City, TX
National Association of School Psychologist, Narrative Therapy workshop. Las Vegas, NE
The Health Care Corporation, Narrative Therapy training. St. John’s NF
Sioux Lookout First Nations Authority. Narrative Therapy training. Sioux Lookout, ON
Any of the training and consultation operated by JST INSTITUTE can be offered at your organization. We tailor make state-of-the art training designed to address your specific hopes and dreams. We have built a reputation for providing training that crackles with inspiration, energizing your unique culture.

We provide 1- and 2-day training sessions as well as 5- and 10-day certificate programs or year-long programs that are aimed at creating sustainability when integrating a brief, competency-oriented, client-centered philosophy and practices into your organization.

We are prepared to travel to your organization.

**Benefits of training at your organization**

- Improves the quality and efficiency of competency-based service delivery.
- Demonstrates to your staff that you value them enough to invest in them, improving staff morale and retention.
- Helps staff acquire new skills that they can apply to their practice immediately, increasing their confidence and competence.
- Assists to ‘up skill’ staff to do innovative undertakings, which keep them inspired, motivated and fresh.
- Increases the collective knowledge of your team, strengthens connections and expands available resources.
- Boosts job satisfaction. When staff members can do their job more effectually and experience the results, they become more confident and experience greater job satisfaction.
- Clients benefit from higher level of competency-oriented practices, which leads to higher levels of client satisfaction and efficient service delivery.
**1-day training:**
1-day training session infuses staff culture with a solid and comprehensive introduction to brief narrative therapy guiding assumptions, operating principles and practices. Through the use of recorded examples, experiential exercises, theoretical presentations and a comprehensive handout package, 1-day training sessions emphasize skill development for practices that can be taken into 'real world' work environments immediately. A range of topical workshops can also be offered to introduce staff to salient issues.

**2 & 3 day training:**
2 & 3-day training sessions offer more time for participants to develop a richer understanding of this highly collaborative, competency-oriented approach to change. There will also be more time available to develop a deeper understanding of the guiding assumptions, view recorded examples of therapy sessions and for experiential practice exercises.

**5-day, 10-day & year-long CERTIFICATE PROGRAMS:**
These extended training experiences are designed to provide more time to immerse yourself in brief and narrative ideas while focusing on micro skill development - practice, practice, practice. The training is highly interactive and will include a stimulating mix of theoretical presentation, recorded examples, experiential exercises and case discussion. Experience the confidence gained through time and reflecting on your skills as they develop between sessions.
1-day training
An Introduction to Brief Narrative Therapy:
Short stories for walk-in clinics, single sessions and brief services

Brief Narrative Therapy ideas and practices offer ways of rapidly engaging people in richly meaningful and constructive conversations.

These practices are a flawless fit for settings in which just a brief encounter is possible such as walk-in clinics or other short-term services when all the time you have is now.

This training will address specific findings from Jim’s research both at a training and research institute where he worked for many years and through a policy paper that he co-authored (Duvall, Young & Kays-Burden) No more, no less: Brief mental health services for children and youth, that demonstrates the effectiveness of collaborative, competency-oriented Brief Narrative Therapy.

The significance of story as it applies to brief and single-session therapy will be unpacked and explored. Peoples’ lives are organized through stories, which include their beliefs, purposes, commitments, knowledge, abilities and skills. More often when people go to therapy they are not at their best and are distracted from these abilities, resulting in an impoverished and restricted storied experience, leaving them less able to stand up to problematic circumstances in life. Their stories serve as gateways to alternative storylines that lead to personal agency.

Participants will learn about:

• The key assumptions, principles and practices of Brief Narrative Therapy.
• A framework that elicits rich story development.
• Micro-maps for scaffolding therapeutic conversations.
• The circulation and precision of language.
• How to quickly focus on “away-from-the-problem” stories.
• Pre-session questions that shift meaning and get change going.
Sample training

2 & 3-day training

Learning & Doing Brief Narrative Therapy: *time-sensitive, socially just, culturally accountable.*

In this interactive training experience Jim will introduce participants to the overarching philosophy of Brief Narrative Therapy that guides the practices for creating collaborative, timely, accessible and consumer-driven services. These practices make it possible to maximize the effects of every therapeutic encounter.

You will learn how to infuse your conversations with curiosity and questions that invite people to get in touch with their strongly held values, commitments, knowledge and skills. Through generative questions you will learn to create scaffolding or steps that make it possible for people to move toward new understandings that open up a range of new possibilities. As well as these, and many other skills, storyline frameworks and conversational maps can be taken into therapeutic conversations in brief, single session, walk-in, or longer-term therapeutic environments and can be applied in any setting. Specific connections between these concepts and how to put them to work in therapeutic practice will be described.

Participants will learn about:

- Ways to maximize every therapeutic encounter and have conversations that emphasise people’s possibilities rather than their limitations and their abilities rather than their deficits.
- Inductive, invitational questions that will energize your conversations with people and make it possible for them to reconnect with their strongly held values and commitments.
- How to elicit and expand people’s subordinate storylines of competence.
- The use critical reflective practices to constantly improve your work.
- How to develop a person-centered, culturally accountable and ethically based therapeutic practice.
- Conversational maps that serve to scaffold the therapeutic conversation toward possibilities and preferred realities.
10-day year-long Certificate Program

Brief & Narrative Therapy: Assumptions, Principles and practices

Designed for the practicing professional, this clinical training program offers a thorough journey through the ideas and practices of brief narrative therapy. The knowledge and skills are presented in highly understandable and realistic adult learning formats.

Experience the confidence gained through time while reflecting and practicing with your brief and narrative therapy skills between sessions.

Beginning with the key concepts and operating principles, you will immediately learn skills that you can apply in your working environment and everyday life. You will learn the socially just philosophical positions that support brief and narrative practices. There will be a focus on your unique learning objectives and skill development.

You will be introduced to such ideas as:

- What makes therapy “brief”.
- You will practice incrementally mapping for a useful therapeutic conversation.
- How to form generative questions for the different stages of therapy.
- Learn how these micro-maps and questions make it possible for people to address the concerns that brought them to therapy.
- How to learn methods of conducting respectful, collaborative therapy from the very first session through to therapeutic closure.
- You will learn ways to maximize the benefits of every therapeutic encounter.
- Finally, you will be encouraged to integrate this inspiring way of working with people into your own practice wisdom and working environment – making this your own unique brief and narrative therapy.
Arrange a consultation or training event with Jim

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