



# Third Year

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Welcome to your third year at Coram Deo, or alternatively to those who would like to become formal Narrative Alumni members at Coram Deo through our programme. The Alumni programme herein described is open to anyone but ideally to those who have done a narrative training programme at Coram Deo or elsewhere. Internally it is seen as a third year of studies for those who completed the two year programme in Pastoral Narrative Therapy. Herewith a short orientation.

A third year of studies at Coram Deo consists of enrolling for the Alumni programme and the Supervision development journey. Ideally one should enrol for them both but they can be separated. If they are seen as separate it would then imply four options covered in this document. Another option not mentioned as it is not formally a Coram Deo offering is to proceed with the university route in which you will receive credits for having completed the two year pastoral narrative therapy course. The academic route is however not a prerequisite to, on the one hand, set up private practice or, on the other hand, if you just want to continue your understanding of narrative work in view of your non-counselling profession (teacher, business person, other) as explained below.

*Please note there could be some differences in pricing and deadlines for different learning campuses regarding the following information. They are however set for the main Coram Deo campus in Pretoria, Waterkloof Glen.*

## **Option 1: Dual track (Alumni & Supervision)**

**Who and what:** Respectively they are aimed at furthering knowledge and practice of those who completed the two year programme in pastoral narrative therapy, or any other pastoral and, or, narrative informed programme whether in coaching, therapy or other modalities. It is also open to outside participants not from these traditions or from Coram Deo subject to the following information. The Alumni programme is mostly a structured programme whereas the supervision track follows a flexible format that will allow you to do both at the same time.

**Cost for both:** R8450

**Minimum participants:** An estimated 12 participants are needed per group who enrol in this way. This would also depend on at which specific learning campus you enrol.

**Where:** It is presented at Coram Deo main campus and partnering campuses. There is also a possibility to join via interactive technology and distance learning to enhance feasibility where learning campuses might not have sufficient participant numbers or to cover far off regions. This has to be discussed and arranged however.

## **Option 2: Alumni separate**

**What:** Mostly a structured process that deals with particular themes (see below), and reviewed on a yearly basis. The specific amount of weeks tuition in this programme ranges between 25 up to 40 and is determined by a number of factors such as enrolments, the particular days of public holidays and more. In between formal themes or during specific periods there are other activities that are part of the Alumni programme such as reading of specific material (books, articles), exploration of provocative ideas and practices, exposure to our 'Roots' experiences in conjunction with students as partners. The latter kind of topics are not fixed before hand and can only be presented where there are enough workable weeks, taking into account a number of variables. Should the official themes become less than the intended five covered then you will follow a reading or learning events programme during those weeks to fill up an estimated at least 28 up to 36 weeks of any given year.

During the structured part of the Alumni programme for 2018 the following themes are covered at the Coram Deo main campus. These might not be the same at all partnering

campuses as we also help learning campuses to explore what matters to them in their context for a select amount of the fixed themes. Ask us or inquire at your campus coordinator whether they intend to exchange some of these themes for others.

In no particular order (as also elaborated at the end):

1. **Intersections** between pastoral and narrative practices with conventional medical and psychological models (such as for working with other disciplines; surgeons, psychologists, who do not necessarily speak our narrative language and share our worldview, but we still need to connect with them in the interest of our 'clients.'
2. **Transitions**, specifically families in transition with the focus on the theme 'Dance me to the end of love' Following the development of and guiding families through dissolution on the mine field of separation or divorce with a particular view on children's best interest and parenting in the face of adversity. This is where we help couples either turn back the boat or then to proceed in a more 'healthy' way through the divorce. It introduces the array of approaches and that function in this context such as alternative dispute resolution, narrative mediation, and more.
3. **Transdisciplinary** Narrative and related Practices in the Organisational Context: Everything organisation, leadership, management and modalities often encountered here such as mentoring, coaching, facilitation, and of course 'corporate therapy'
4. Story **development**: Helping our clients by doing a better job of story development as a critical aspect of narrative work. Here we go into conversation with films, writing and more.
5. Focus on working with **children**

**Cost of Alumni programme** (not in conjunction with supervision): R4150 but in the event of too few interest a learning campus can increase the fees up to R4800. Please clear this with your learning campus coordinator to ensure you meet local deadlines and put them in a position to offer timely feedback.

**Minimum:** The required safe minimum participants per group depending on the campus is between 10-12.

**Enrolment date:** 19 February 2018

**CPD points:** We will start in 2018 to register all the structured themes for continued education (CE) or continued professional development (CPD) with various professional bodies.

### **Option 3: Supervision separate**

**What:** Supervision in any helping modality from coaching to counselling or others is about honing skills in view of the human helping role (either as volunteer or community counsellor or if you aspire towards a private practice). Many professional bodies nowadays start to request of members to submit to ongoing supervision.

Students should conduct 45 hours of counselling, see a supervisor for 10 sessions where you will go through some of your transcripts and consider the way your own story influences the way you approach, listen, interact with those you assist. There are a number of experienced practitioners who are willing to supervise students. It could also be someone external provided they meet our criteria and agree to our terms. It is mostly an individual-supervisor journey though there are opportunities to connect in the group.

**Cost:** R5250, but could extend up to R6500 depending on the amount of enrolments at a particular campus. Please support and work with your campus coordinator to make this work. Supervision services are also offered separate from the formal programme. Do inquire about rates.

**Duration:** 1 year (up to 1.5 years for those who do it together with the Alumni programme)

**Enrolment date:** 19 February 2018

**Where:** It is presented at Coram Deo main campus and partnering campuses and is also dependant on the days contact is scheduled with your supervisor. Far off regions will use video technology for the purpose of supervision if it is not feasible for students to travel. If

this is the case, please ensure that your supervisor feels comfortable working with this medium.

**Important note on supervision:** The idea of supervision is not learning or training as such but practitioner-/ and self development based on what you have learned already (or with some exception that you are currently busy learning). The only exception to this is if you use supervision in conjunction with some of the Alumni modules offered – Alumni modules being further learning (continued education). If this is your first supervision year (almost as a kind of internship) such as after you have completed the two year pastoral narrative therapy programme (or other relevant external training) then it is not advisable to exclusively focus on a particular subject, like *teenage* therapy, or *trauma* therapy. This restricts your scope and you will not become a well rounded professional who have worked in practice with a variety of subject matter. You can however focus on specific themes by drawing on the Alumni themes available and spend a fair (not exclusive) amount of your conversations on such themes. If for instance you want to open up your scope/context outside of therapy such as in view of the organisational context or coaching, then that module in the Alumni programme becomes important. How would this work? This effectively implies that last option.

## **Option 4: Adapted third year programme**

To do the alumni and supervision programme together makes it more cost effective. However if it is not possible to benefit in this way then there is another option.

If you have chosen only for the Supervision programme (in other words not also the entire Alumni programme then you can still enrol for some of the modules in the Alumni programme. This could become your focus themes for your Supervision, such as then the organisational context, teenagers, other. You will then additionally pay R980 / module, and the standard R300 Alumni Membership administration fee per year. The Alumni membership fee (R300) is only applicable for those who have not registered for the entire Alumni programme.

Your total fee will then be R6530:

- Supervision: R5250
- One short-programme learning module (borrowed from the Alumni programme): R980
- Alumni membership fee: R300 (This will allow you to attend other modules of the Alumni programme at R980 as opposed to the outside fee of R1500/module.

Please consult with your campus coordinator to ensure that the specific module of the Alumni programme (or indeed the entire programme) is in fact presented during the year. Depending on your campus affiliation with Coram Deo Head Office some flexibility is part of the partnership.

Naturally if more people rather than fewer choose 'Option 4' where the Supervision and Alumni are not taken together there might not be enough participants to present the specific module at the particular campus. Do support your learning campus to ensure you don't have to travel to other places where the programme is also presented.

**Minimum:** This option is available on the condition of the minimum number of participants in the other separate programmes. Speak to you learning campus coordinator/administrator.

## Other

**Audience note:** Many who are not from these traditions (pastoral and or narrative) may be introduced to narrative work as part of the Alumni group at particular modules. However the Alumni programme does not set out to fully teach narrative ideas as in the two year internal programme. Mostly however and only where relevant, enough will be explained by means of a narrative orientation to make sense of the particular module of the Alumni programme. If this is your first encounter with narrative ideas, where indeed it is presented it is not with the aim of making you a narrative practitioner as with our other programmes. If not with us, we can refer you to a number of entry level narrative courses towards becoming a narrative practitioner.

**Other programmes:** We are also considering to offer other focused mid-length programmes around some of the themes that we could not include as part of the Alumni programme. We'll keep you informed.

Hope to see you in class during 2018. Thank you for being part of the unbounded Coram Deo learning community and the specific counselling centres that support our programmes.

Hope, faith, love

A handwritten signature in black ink, appearing to read 'Elmo Pienaar', written in a cursive style.

Elmo Pienaar

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# Coram Deo – Alumni programme structured modules and schedule

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The following is an overview of the structured themes as modules as they form part of the alumni programme at Coram Deo for 2018. They are presented in no particular order. A schedule is provided at the end of the document.

## **A. Pastoral and narrative intersections with medical and psychological discourses**

### **Intention:**

Help participants navigate the discourses in multidisciplinary contexts such as relevant to mental health care referrals.

### **Focus/outcomes:**

- A better understanding of what pastoral means in relation to narrative, therapy, and other modalities, spirituality, religion, and theology.
- Overview of the prevailing psychological clinical and medical ‘conditions’ that one will encounter in a multidisciplinary team.
- Dealing with referrals to other professionals or those that are referred to a narrative therapist
- Exploration into the mind and body connection

## **B. Dance me to the end of love**

### **Intention:**

It is a sad fact that despite all our attempts, encouragement, and different couples interventions (retreats, therapy processes and more) we still fall far short of the ideal of intact families. Families experience break up like never before. If anything the statistics are getting dimmer by the year. It is perhaps greater sadness that couples who have come to

what they experience as the end of the road find themselves largely marginalised by the prevailing religious and other discourses in which they feel abandoned or ashamed. They are left with little more than their raw emotion, bitterness, and harsh ineffective legal processes that brings out the worst in them. What we rather want is a process/space where couples don't react too quickly. We want to help couples to work through their hurt and approach mediation (as one of the roles that deal with this context) in a more healthy way. If they can do this they may well have the ability to turn the dance around and dance back to love.

**Focus/ outcomes:**

- Overview of a specialisation area in counselling of a liminal relational space
- Alternative dispute resolution and conflict management
- Ideas informing narrative mediation
- Relationship and person dignification processes
- Education around matters related to children in legal processes (alienation, estrangement, residency arrangements, voice of the child, best interest of the child)
- Select psycho-legal information

**C. The organisational context and transdisciplinary narrative practices**

**Intention:**

Here we help those coming from a narrative and pastoral background to understand and work in the organisational context. It explores 'organisation,' 'leadership,' 'management' and typical modalities often encountered here such as mentoring, coaching, facilitation, and of course 'corporate therapy.'

**Outcome:**

- Introduction to organisational, leadership, and management perspectives
- Organisational discourse and language as organic/living systems moving across time

- Working as a narrative practitioner in coaching, mentoring, as mediator or professional facilitator in view of organisational development and people practices
- The need for transdisciplinary professional bodies

## **D. Story development**

### **Intention/focus:**

Arguably the heart of narrative practice is story development. In this module participants are invited through various means to think and work like story practitioners; authors, scriptwriters, film producers and relevant other professions. If we are going to say that we are 'narrative' story-therapists then it becomes important to not let ourselves be pulled into traditional discourses of doing therapy.

### **Outcomes:**

- Exploring the contribution of relevant disciplines and knowledges of working with and developing stories (eg., film studies, drama, writing)
- Enriching our work with 'the hero's journey' and mythical story telling characters and plot structures without falling into traps that certain clinical discourses pose to narrative work.

## **E. Children's therapy**

### **Intention/focus:**

Working with children is a focus area within therapy. This module introduces ways of working with children, narrative and beyond.

### **Outcomes:**

- Development from pre-school to pre-teens
- An overview of the typical concerns and contexts that lead to children in therapy
- Understanding the possibilities and limitations in therapy when working with children

- What to do with children in therapy
- Children and the importance of 'family therapy' as a discipline
- Working with parents when working with children (parenting styles, parent factors, healthy discipline)

## **F. Other themes**

During the year there are various seminars and events that cover a range of topics not addressed formally in the Alumni or Supervision programme. These are specific to your Coram Deo learning campus, so please inquire about possibilities with your local coordinator or administrator.

At time of writing, at Pretoria, Waterkloof Glen campus it includes but is not limited to:

### **Bereavement workshops**

In partnership with Sungarden Hospice there will be four (similar) workshops during the year that deals with bereavement and loss. It is not only related to terminal illness but helps people understand the experience in various contexts. This is supplemented by a Coram Deo online learning module which is not compulsory and can be accessed later in the year.

Dates for the workshops: 24 February; 26 May; 25 August; 10 November

Workshop cost: Free | Online cost if attended/enrolled: If you are fully enrolled for the Alumni programme with any campus its free, otherwise R980 for that module and R300 Alumni membership (in line with the explained above).

### **Storyography**

Content: An exploration into how various forms of art can contribute to a healing process in the tradition of narrative therapy.

Dates and special rates to be announced for Alumni members

### **Narrative and spirituality / Silence and story**

Content: Learning about the practice of 'spiritual direction' in the tradition of narrative therapy.

Dates and special rates to be announced for Alumni members

### 'My self matter'

A personal an empowering journey of discovery and faith that offers a space to work with your life story.

Dates to be announced

## G. Alumni programme dates

The following dates are relevant to and presented at Coram Deo Pretoria, Waterkloof Glen. Inquire at your local campus about possibilities. The dates represent the 'week of' and the specific days during that week are either Tuesday evenings (18h00-20h30) or Thursday mornings (09h00-11h30). The module/topic name is not written out in full below as described above.

Request to enrol through [info@coramdeo.co.za](mailto:info@coramdeo.co.za) or contact your local coordinator/administrator.

<b>Week no.</b>	<b>Week of...</b>	<b>Theme</b>
<b>February</b>		
1	26-Feb	Intro Session
<b>March</b>		
2	5 Mrt	Story Development
3	12 Mrt	Story Development
4	19 Mrt	Story Development
<b>April</b>		
5	16-Apr	Story Development
6	23-Apr	Story Development
<b>May</b>		
7	7 Mei	Open Session 1
8	14 Mei	Children's Therapy
9	21 Mei	Children's Therapy
10	28 Mei	Children's Therapy
<b>June</b>		

	11	4-Jun	Children's Therapy
	12	11-Jun	Children's Therapy
	13	18-Jun	Open Session 2
<b>July</b>			
	14	23-Jul	Organisational Context
	15	30-Jul	Organisational Context
<b>August</b>			
	16	13-Aug	Organisational Context
	17	20-Aug	Organisational Context
	18	27-Aug	Organisational Context
<b>September</b>			
	19	3-Sep	Medical & Psychological Discourses
	20	10-Sep	Medical & Psychological Discourses
	21	17-Sep	Medical & Psychological Discourses
<b>October</b>			
	22	15 Okt	Medical & Psychological Discourses
	23	22 Okt	Medical & Psychological Discourses
	24	29 Okt	Open Session 3
<b>November</b>			
	25	5-Nov	Dance me to the end of love
	26	12-Nov	Dance me to the end of love
	27	19-Nov	Dance me to the end of love
	28	26-Nov	Dance me to the end of love
<b>December</b>			
	29	3 Des	Dance me to the end of love
	30	10 Des	Open Session 4