The Tree of Life Narrative Therapy

It is a simple metaphor which represents your life and the various elements that make it up – past, present, and future. By labeling these parts, you not only begin to discover (or rediscover) aspects of yourself you forgot about, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

Narrative Therapy Project: Tree of Life - Firstly, Light...

The Tree of Life is a counseling methodology based on narrative therapy principles. It was co-developed by Ncazelo Ncube and David Denborough in 2006. Since its development, it is used in several countries as a counseling methodology.

Tree of Life - Wikipedia

The Tree of Life is a metaphor and inspiring approach to working with children, young people and adults who have experienced hardships. This methodology was co-developed through a partnership between Ncazelo Ncube (who was working at REPSSI at the time) and David Denborough (Dulwich Centre Foundation).

The Tree of Life - The English Church

Tree of Life Narrative Therapy: “Tree of Life” is a metaphor symbol; the metaphor has been developed by Ncazelo Ncube and David Denborough as a Narrative Therapy tool in response to working with highly traumatized children in Africa.

Tree of Life Narrative Therapy - Carolyn Tucker

"What is the Tree of Life? The Tree of Life is a professional support tool based on narrative practices. It is a tool that uses different parts of a tree as metaphor to represent the different aspects of our lives. It involves people drawing their own ‘Tree of Life’".

Tree of Life - CRB

"The Tree of Life is a narrative therapy project, designed by Ncazelo Ncube of REPSSI and David Denborough (Dulwich Centre Foundation) for young people. I have adapted it for an adult eating disorders group and also a 6 week 1:1 programme for children. It provides a useful structure and mix of discussion and creative work.

Narrative Therapy Project: Tree of Life | Therapy ...

What is the “Tree of Life” therapy? The “Tree of Life” is a counseling method used to assist people who are affected in life either by mental or family problems. It’s a process used to calmly trace their traumatized and affected life. The “Tree of Life” is an ecstatic based on the idea of using the tree as a metaphor to

The Tree of Life: A Simple Exercise for Reclaiming Your...

NARRATIVE THERAPY PROJECT: TREE OF LIFE – Firefly: Light...

Jun 30, 2019 - The Tree of Life is a narrative therapy project, designed by Ncazelo Ncube of REPSSI and David Denborough (Dulwich Centre Foundation) for young people. I have adapted it for an adult eating disorders group and also a 6 week 1:1 programme for children. It provides a useful structure and mix of discussion and creative work.

Tree of Life - The Black, African and Asian Therapy Network

Narrative Therapy is based on the worldview that relationships with stories constitute our experiences in life, including experiences of problems. From this perspective, considerations of power and meaning-making must be included in the ways problems are understood and help is offered.

Narrative Therapy Initiative

Perspective and Historical Trauma: An introduction to narrative therapy and cultural trauma. The idea of narrative therapy is that the meaning we give to events and interactions in our lives defines us and influences how we see ourselves and the world around us. Narrative therapy was developed in the 1980s by Michael White and David Epston. The tree of life is a metaphor that represents the concept of life in a way that is relatable to everyone.

Using Narrative Therapy for Addiction Treatment...

The Tree of Life was originally created for professionals working with children affected by HIV/AIDS in southern Africa. This process allows children and youth to share their lives through drawing their own tree of life which enables them to speak about their lives in ways that make them stronger without re-traumatizing them.

The Tree of Life

Narrative Therapy - Certificates and Songs - All new learnings call for a celebration - End the activity with presentation...