

Practicing Purposefully SYSTEMIC PRACTICE

The Tree of Life

The Tree of Life is a tool created by Ncazelo Ncube (2006). It is a metaphorical activity in which each element of the tree is used to tell stories about one's life. The idea is to help the individual to discuss their life and to create a strength based picture of hope and values which helps with a person's identity and can give birth to new positive, stronger narratives they have about themselves.

It is important when doing this piece of work that it is done alongside the person, the professional should be curious and ask questions about the person's life experiences, noticing those shiny moments of strength, the things which have influenced the individual in their life and build upon these stories, thickening them so that they become not only noticeable to the person but also are fully adopted within a person's identity.

It is a helpful tool for individuals to feel connected again to their values, morals, relationships and life experiences. It can be used for those recovering from addictions, mental health, survivors of abuse or trauma. It is equally useful to use with young people as well as adults. It can take several sessions to complete a Tree with someone – this is fine. The therapeutic element is often in the story telling that accompanies the creation of the Tree.



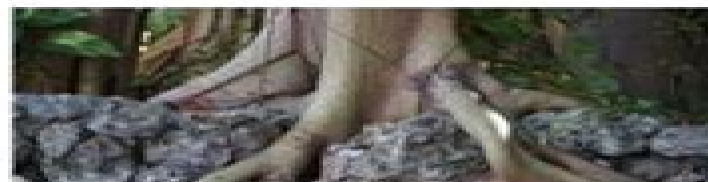
Start with the roots:



Think about where they have come from; their past history; how their past influences them today; favourite memories; list areas they have lived, people they have met, schools they attended, and lessons they've learnt etc.

Ground:

This is the present– so where do they live now? Who do they live with or see regularly? Who has a positive influence on them as a person? What activities do they do in their spare time? What influences are there from everyday life? What values do they have? The ground could be smooth, or maybe a little bumpy, with rocks in there perhaps. However the person wants to demonstrate their life in the 'now' is fine.



Trunk:

The trunk is the person's skills and abilities. Their unique characterisations that make them, *them*. It could be their hobbies or what they're good at. It could include the perspectives of others here as well, what would others say were their skills and personality traits? If they feel confident in these skills and abilities the trunk may be a thick solid one; if they feel a little unsure or going

Tree Of Life Project Ncube 2006

Victoria Jones, Mark Haydon-Laurelut



Tree Of Life Project Ncube 2006:

The Tree Climbing Cure Andy Brown, 2022-12-15 Our relationship with trees is a lengthy complex one Since we first walked the earth we have at various times worshiped them felled them and even talked to them For many of us though our first memories of interacting with trees will be of climbing them Exploring how tree climbers have been represented in literature and art in Europe and North America over the ages The Tree Climbing Cure unpacks the curative value of tree climbing examining when and why tree climbers climb and what tree climbing can do for and say about the climber's mental health and wellbeing Bringing together research into poetry novels and paintings with the science of wellbeing and mental health and engaging with myth folklore psychology and storytelling Tree Climber also examines the close relationship between tree climbing and imagination and questions some longstanding problematic gendered injunctions about women climbing trees Discussing among others the literary works of Margaret Atwood Charlotte Bronte Geoffrey Chaucer Angela Carter Kiran Desai and J R R Tolkien as well as work by artists such as Peter Doig Paula Rego and Goya this book stands out as an almost encyclopedic examination of cultural representations of this quirky and ultimately restorative pastime

Narrative Therapy and Older People Rosslyn Offord, Polly Kaiser, Elizabeth Field, 2025-10-21 Healthcare for older people tends to focus on physical limitations and cognitive decline and the person's own perspective and strengths are often overlooked Narrative therapy centres a person as the expert in their own story and is particularly effective when combined with an older person's wealth of life experience It highlights the way their views have been shaped by their cultural and personal contexts which allows better understanding and communication and improves people's lives Written by experienced psychologists group facilitators and service users this guide explores how to use narrative therapy with older people including those with dementia or age related conditions From Tree of Life facilitation to ways of approaching loss and trauma each chapter offers advice and proven strategies for practice for individuals staff teams groups and communities This book helps you to adopt a person centred approach to narrative therapy that helps service users to lead the life they want to live Where ageism and stigma often overwhelm older people and those who work with them narrative therapy brings the focus back onto the person themselves in the context of their history their family and their community who are they and what do they have to say *Narrative Therapies with Children and Their Families* Arlene Vetere, Emilia Dowling, 2016-09-02

Narrative Therapies with Children and their Families introduces and develops the principles of narrative approaches to systemic therapeutic work and shows how they can provide a powerful framework for engaging troubled children and their families Written by eminent and leading clinicians known nationally and internationally for their research and theory development in the field of child and family mental health the book covers a broad range of difficult and sensitive topics including trauma abuse and youth offending It illustrates the wide application of these principles in the context of the particular issues and challenges presented when working with children and families Since publication of the first edition the

importance of narrative therapy has continued to grow and this new edition provides an updated and revised overview of the field along with three new chapters to keep apace with developments in child mental health trauma work This book remains a key text in the field of systemic narrative training and practice With clinical examples throughout this practical book will be welcomed by family and systemic therapists and other professionals in the field of child adolescent and family mental health

Creative Positions in Adult Mental Health Sue McNab, Karen Partridge, 2018-05-01 This book presents cutting edge developments in Adult Mental Health through the presentation of creative and innovative applications of systemic theory to practice The first section deconstructs the medical model with some of the current beliefs and practices shaping services whilst placing adult mental health in a wider social and political context The second half of the book showcases good practice from the field At either end of the volume bookends invite current clients and staff to write about their experiences with the aim of bringing a powerful personal context into the work We intend to create a shift from third person objectivity to a first person experience as a political act which flows through the book *Human Trafficking* Malloch Margaret

Malloch, 2016-01-18 What is human trafficking Despite legislative developments and national and international interventions we still lack firm definitions estimates of its full extent effective responses to perpetrators and sound survivor care This volume critically examines the competing discourses surrounding human trafficking the conceptual basis of global responses and the impact of these horrific acts worldwide *Expressive Arts for Social Work and Social Change* Tuula

Heinonen, Deana Halonen, Elizabeth Krahn, 2018-08-20 How can social workers integrate expressive arts methods as a complement to their work to better support individual group and community growth *Expressive Arts for Social Work and Social Change* explores the values and benefits of expressive arts i e visual arts movement and dance expressive forms of writing and narrative music and performance and the role they can play in social work practice and inquiry Although previous research has illustrated the efficacy of expressive arts to individual therapeutic goals this is the first work that looks at the use of these approaches to fulfill the values ethics and principles of the social work profession The authors draw from current and emerging concepts related to green social work including individual and collective well being Indigenous perspectives and practices social justice and social action and individual as well as collective creative expression This book provides insight and advice that will benefit all human service professionals interested in expressive arts *Relational*

Practice: New Approaches to Mental Health and Wellbeing in Schools Sahaja Timothy Davis, Tom Billington, Mary Chilokoa, Claire-Marie Whiting, 2024-10-01 A clear and compelling text written by teachers psychologists and educationalists *Relational Practice: New Approaches to Mental Health and Wellbeing in Schools* proposes a dynamic and relational approach to supporting the mental health needs of children and young people within education Contributing authors advocate a movement away from the deficit medicalised model of mental health and instead encourage readers to embrace a relational approach considering philosophical and spiritual dimensions as well as the wider everyday contexts that shape the mental

health of individuals groups and school communities Filled with case studies intervention strategies and CPD activities this essential guide bridges the gap between theory research and practice to offer evidence based resources for practical application within schools Areas covered include but are not limited to Supporting neurodivergent and LGBT students to thrive Creating and actioning an anti racist approach Multi agency interventions Relationships in SEND settings Creating a supportive culture to enhance staff wellbeing Appreciative inquiry Staff perceptions of Building Relational Schools BRS The role of intersubjective processes and the impact they have on relationships in educational settings Providing a comprehensive introduction to relational practice within education this is an indispensable resource for anyone working in education who wishes to support the mental health and wellbeing of their school community

Critical Pedagogies of Discomfort in Practice and Professional Education Fiona Cullen, Mike Seal, Michael Whelan, 2025-06-12 This book explores the scope for discomfiting pedagogies within practice and professional education contexts in order to consider the ethical challenges associated with exploring complex and sensitive areas of practice and everyday life Questions explored include How is discomfort handled within professional training What spaces remain for critical reflection dialogue and compassionate challenge within practice and professional education spaces What are the ethical implications of critical pedagogic practice in University based professional education and other training settings How does compassion and care intersect with developing critical pedagogical approaches on thorny and sensitive issues How do identities and investments play out in education and training spaces and to what effect What are the limits of safe space within professional education contexts Bringing together scholars practitioners and students who draw on themes of social justice in their pedagogical practice the contributors unpack the debates around how to reflect on challenge and explore critical and sensitive issues in social justice education in professional contexts Consideration is given to how decisions in relation to notions of safety and discomfort should be made and who is empowered to make these decisions

The Handbook of Social Justice in Psychological Therapies Laura Anne Winter, Divine Charura, 2023-10-27 Are you looking for a psychological therapy textbook with social justice at its centre Just can't seem to find a comprehensive textbook that aligns with your attitudes toward positive changes in psychological professions This three part book sets out the core principles for social justice in the psychological therapies In Part 1 you'll be introduced to Social Justice Theory in the psychological therapies covering identity and intersectionality and integrating the psychological and socio political In Part 2 you can expand on your knowledge with Social Justice informed therapeutic practice which looks at the ways in which social class race disability and other minoritised identities can inform therapeutic practice In Part 3 you will look Beyond the therapy room and explore how to apply your social justice knowledge to clinical supervision community psychology and other non traditional therapeutic models Supported by a wealth of features including reflective and critical thinking questions case studies and recommended further reading resources this book will help equip you with the knowledge skills and attitude to work as a more socially conscientious practitioner

Psychoanalytic Perspectives on Fundamentalism, Radicalisation and Terrorism Jessica Yakeley, Paul

Cundy, 2020-06-04 Terrorism is no longer woven into the backdrop of our daily lives but rather it has been pushed to centre stage an ongoing tragedy in which comprehension of the perpetrators motivations is eclipsed by the impact of horror and devastation on its victims and wider society Attempting to make sense of these atrocities and their antecedents a body of literature has accumulated since 9 11 which offers a psychoanalytic perspective on terrorism This research provides a reflective space within which the unconscious motivations primitive conflicts fantasies and impulses that underpin the extreme mindsets and violent actions of the individuals and groups involved may be explored offering insights complementary to those of different disciplines sociological political cultural and other This book brings together contemporary psychoanalytic writers and practitioners involved in the study of radicalisation fundamentalism and terrorism Some of the authors have worked with terrorists thus grounding their reflections and insights in direct clinical contact with these individuals Understanding the motivations of the perpetrators includes elucidation of the wider group dynamics of minority populations where the perpetuation of violence that is seen as terrorism may be viewed by its perpetrators as a justifiable response to collective experiences of subjugation humiliation and injustice suffered over generations Understanding such perspectives is not colluding with the aggressors but rather it may contribute to interventions at both individual and global levels that attempt to break the deadly cycle of violence This book was originally published as two special issues of Psychoanalytic Psychotherapy

Encouraging Transnational Learning Through Virtual Exchange in Global Teacher Education Slapac, Alina, Huertas-Abril, Cristina A., 2024-05-07 The literature on higher education discusses globalization and internationalization in areas such as competencies mobility policies and knowledge transfer The COVID 19 pandemic and advancing educational technologies have prompted universities to rethink education leading to innovative ways for teacher educators and students to connect and learn virtually Educators and administrators are seeking to advance their teaching through intercultural partnerships and relevant models to improve the quality of education through international connections The current global situation has also prompted the need to further knowledge of communication technologies Encouraging Transnational Learning Through Virtual Exchange in Global Teacher Education aims to provide resources and recommendations for global teacher educators practitioners researchers and pre service and in service teachers on developing international virtual exchange programs in teacher education The book aims to showcase effective online pedagogies provide practical values of online collaborative teaching and learning and connect theory to practice in critical global citizenship digital literacies and teacher development Led by educators and researchers in teacher education programs involved in virtual exchange partnerships and research the book shares implications for teacher development with an international component based on shared studies The book will be a resource for connecting international partners and efforts to internationalize institutions Covering topics such as virtual exchanges collaborative online international learning

COIL telecollaboration and global education this book is ideal for international teachers teacher trainers students and researchers interested in collaborative online international learning COIL

The Handbook of Professional Ethical and Research Practice for Psychologists, Counsellors, Psychotherapists and Psychiatrists Rachel Tribe, Jean Morrissey, 2020-03-25

This exciting new edition provides an overview of the main professional ethical and research issues that are required knowledge for counsellors therapists psychologists and psychiatrists engaging in therapeutic or clinical work These issues form part of the curriculum and practice requirements of all the major counselling psychotherapy psychology and psychiatry professional organisations including BACP BPS HCPC RCP UKCP IACP IPS and IAHIP Divided in six clearly defined sections this book will provide a comprehensive overview of all the major professional practice and ethical issues in one edited volume The authors are well known experts in their fields and their work has been brought together with clarity and helpful features including reflective questions and case vignettes This new edition has also been updated to include content on social justice community psychology and professional guidelines reflecting the latest academic research and clinical developments This book is unique in the breadth of issues covered and its focus on therapeutic practice It will be of interest to practitioners and students of psychotherapy counselling and psychiatry

Social Work in War-Torn Contexts Shulamit Ramon, Darja Zaviršek, 2025-08-01

This book provides a wide ranging exposure of current developments related to war torn contexts post war societies and social work approaches as well as analysis of the key issues facing social work in war contexts The topic is timely due to the increased number of armed political conflicts the number of internally displaced people refugees and asylum seekers increased length of wars and consequently increased number of civil victims which contribute to an exponential growth in the demand for social work As there are few updated texts on this issue this book meets the considerable gap existing in the social work literature and includes updates as well as continuing trends Currently a huge number of countries are in a state of war in different continents some of which have gone on for more than a decade Inevitably this fact has considerable implications for their social workers as well as for the people they serve with social workers in these countries sharing the reality of the war as citizens The war experience is known to have long lasting intergenerational impacts It also has a strong impact on the many other countries that receive refugees and asylum seekers and or support militarily another country at war and or refuse to support it The book's country focused chapters on Afghanistan Bosnia and Herzegovina Greece Israel Italy Jordan Northern Ireland Serbia South Sudan Syria UK and Ukraine cover major topics including The contexts of armed political conflicts from a social work perspective The impact of war on disadvantaged individuals and groups Forced migration Post war societies and post war reconstructions from a social work perspective The ethical issues related to war and peace from a social work perspective The implication for social work education and research Social Work in War Torn Contexts is an important and timely resource for social work and social science researchers lecturers in different areas of social sciences social work practitioners as well as students Politicians war

correspondents international humanitarian organizations and volunteers also will find the book of interest **A Handbook**

of Visual Methods in Psychology Paula Reavey,2020-08-23 This comprehensive volume explores the set of theoretical methodological ethical and analytical issues that shape the ways in which visual qualitative research is conducted in psychology Using visual data such as film making social media analyses photography and model making the book uniquely uses visual qualitative methods to broaden our understanding of experience and subjectivity In recent years visual research has seen a growing emphasis on the importance of culture in experience based qualitative methods Featuring contributors from diverse research backgrounds including narrative psychology personal construct theory and psychoanalysis the book examines the potential for visual methods in psychology In each chapter of the book the contributors explore and address how a visual approach has contributed to existing social and psychological theory in their line of research The book provides up to date insights into combining methods to create new multi modal methodologies and analyses these with psychology specific questions in mind It covers topics such as sexuality identity group processes child development forensic psychology race and gender and would be the ideal companion for those studying or undertaking research in disciplines like psychology sociology and gender studies *Art Therapy for Racial Trauma, Microaggressions and Inequality* Dr. Chioma

Anah,2024-11-21 Confronting systemic injustices and paving the way towards a more inclusive culturally responsive and effective practice Chioma Anah examines how art therapy can be used as a tool in addressing racial trauma Delving into theories of racism and its evolution the taxonomy of microaggressions advocacy and intersectionality this resource exposes the powerful structures that perpetuate daily microaggressions experienced by African Americans and how therapeutic relationship can repeat these It shares poignant client narratives and artwork as well as insight from diverse art therapists all men and women of color With invaluable recommendations for future research implications for counseling and counseling education this book is essential reading for therapists counselors and educators **Young, Disabled and LGBT+** Alex

Toft,Anita Franklin,2020-01-24 Young Disabled and LGBT brings together the work of an international team interested in exploring the intersection of sexuality gender identity and disability in the lives of young people and aims to further develop this area as a distinct area of study This volume features original research and writing into lives that are often misunderstood marginalised and under represented in research It is framed with artwork poetry and writing from young disabled LGBT people and centralises the voices and lives of young disabled LGBT people throughout Drawing from disciplines including sociology psychology disability and youth studies and with contributions from practitioners it examines experiences and research from a number of perspectives such as education personal lives and activism Featuring work from the UK Canada United States India and Australia it is a timely and topical book which will appeal to scholars particularly interested in sexuality gender disability and youth studies professionals within health education social work and youth work who aim to understand and support young disabled LGBT people and young people themselves *Preventing Violent Radicalisation in*

Europe Patrizia Meringolo,2020-10-03 This book brings together the latest literature and European experiences on preventing youth violent radicalisation and violent actions in intergroup relations Youth violent radicalisation is a significant problem within the European context and requires an exploration of how various social actors can play an active role in preventing radicalisation in minors and young adults This complex issue needs to be explored through a multidisciplinary approach and effective operational models are needed in order to tackle it This book describes the theoretical framework for such an approach in all its facets The book s originality lies in its psychosocial and participatory approach aimed at improving results through professional training and community empowerment for building trusting relationships and educational activities It also proposes alternative narratives which are a way of representing people and groups within a social context thereby overcoming stereotyped visions and stigma This book focuses on participation and communication among stakeholders social inclusion strengthening democratic values and pursuing a proactive instead of a reactive approach to preventing radicalisation Highly topical the book will appeal to researchers and students of the social and behavioural sciences interested in youth radicalisation including social work and social policy as well as practitioners working within the juvenile justice system

Evidence-Based Treatments for Trauma-Related Disorders in Children and Adolescents Markus A. Landolt,Marylène Cloitre,Ulrich Schnyder,2025-02-07 The second completely revised and updated edition of this handbook presents the current evidence based psychological treatments for trauma related disorders in childhood and adolescence In addition it provides clearly structured up to date information on the fundamental principles of traumatic stress research and practice in this age group covering epidemiology developmental issues pathogenetic models diagnostics and assessment Each of the chapters on treatment which form the core of the book begins with a summary of the theoretical underpinnings of the approach followed by a case presentation illustrating the treatment protocol session by session an analysis of special challenges typically encountered in implementing this treatment and an overview of the current evidence supporting the treatment approach An innovative new section has been added to address the needs of emerging populations featuring four new chapters that delve into the treatment of preschoolers forcibly displaced children and adolescents sexual and gender minorities and indigenous populations A special section considers treatments in particular settings such as schools hospitals and juvenile justice systems The concluding chapter provides an integrative discussion on how to effectively treat traumatized children and adolescents and an outlook into future developments This book will be invaluable for clinical child and adolescent psychologists child and adolescent psychiatrists psychotherapists and other mental health professionals dedicated to the care of traumatized children and adolescents

Working with People with Learning Disabilities Victoria Jones,Mark Haydon-Laurel,2019-03-20 This multi disciplinary textbook provides a comprehensive guide for anyone working with people with learning disabilities It considers how we can engage with people with learning disabilities and their networks of relationships Throughout the book demonstrates how theory can be applied to practice with a wide range of

contemporary examples Each chapter is written by a key clinician or writer in this area incorporating the disciplines of nursing clinical psychology and psychotherapy The chapters also include summaries reflective questions and explanations of key terms to reinforce themes and topics The authors provide practical ideas for applying theory across agency contexts including inpatient hospital settings and explore the potential opportunities and future directions for the field This is a must read book for students who work with people with learning disabilities including nurses psychologists occupational therapists speech and language therapists psychiatrists and social workers

Drawing Curie Scott, 2021-10-25 Drawings are everywhere Daubed on ancient cave walls and projected on screens Drawings helps us describe science depict emotions and discover Yet many of us laid aside drawing or more simply mark making in childhood thereby losing a rich and varied way to tell our stories

The Enigmatic Realm of **Tree Of Life Project Ncube 2006**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Tree Of Life Project Ncube 2006** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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