

Coraki 2007

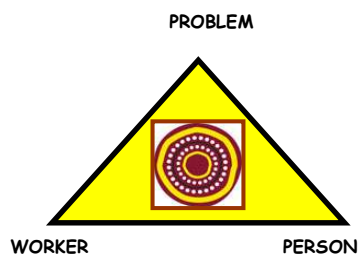


Talk that brings people together

ways to listen and talk
with people about drugs
and alcohol in their lives.

This way of talking can be
used for individuals, groups or
communities

It's called externalising
conversations
because the problem is put
outside the person so they
can get a good look at it.



Why?

**The problem is the
problem**

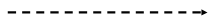
The person is **not**
the problem

This can separate
the problem from
the person



which can make it easier to...

have a good look at what the problem is up to and allow a person to change their relationship to problem



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- the person can talk about when the problem is around a lot or not so much
- or think of the problem like a visitor, coming and going
- and whether the person lets it in or tells it to go away



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this way of talking can...

- reduce guilt and blame
- counteracts the effects of negative labelling
- enable people to work together to defeat or resist problems
- does not mean people are not taking responsibility
- can be helpful talking with groups or communities

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2 important ways of working are

Be curious

?

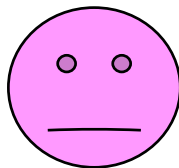


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Do not make assumptions

?



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LETS BEGIN

an externalising conversation

1. **Name** the problem

ask the
person to
name
the problem



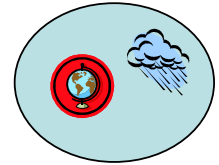
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2. **explore** the effects of the problem

On things such as:

- home
- work or activities
- school
- family
- yourself
- relationships with others
- friendships



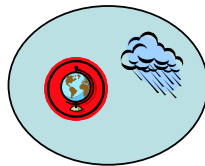
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***you could also include questions
about what the problem's....***

- purposes are in your life
- it's hopes
- what it wants for you

Sometimes drugs and alcohol bring things such as relaxation, confidence, forgetting problems, socialising. It is important that these things are also talked about.



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***3. is this OK or not OK for this
problem to be affecting your life
in this way?***

or are some parts OK and
some not OK or some
inbetween?



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4. **Why?**

you could use questions such as

- Why is/isn't this OK for you?
- How did you come to thinking that some things about the drugs and alcohol are OK or not OK?
- Would you tell me a story about your life or a time that would help me to understand why you would be come to be thinking like this?

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please remember

The 4 part style is important

BUT

- these questions are only examples
- you can try them out

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but it's best to find your own way of talking

because

- you might think you sound silly
- they might think you sound silly
- if the questions are too unnatural they probably won't be able to answer them

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that's what happened to me

until

I was able to make the way of talking natural to me

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That's it!!!

4 questioning parts -

1. **NAMING** the problem
2. Exploring the **EFFECTS**
3. **OK** or not **OK**
4. **WHY**

What next?

In the 4 part people will sometimes talk about things they value, what they want, believe in, hope for or others hope for them eg family etc.

These can open up other conversations about what they might prefer in their lives.

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And that's another story

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These ways of talking assume people and communities have

- skills
- knowledge
- values
- abilities
- and other things

that can help them to reduce the influence of problems in their lives.

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The ideas come from practices of Narrative Therapy which tries to:

- Work in respectful, non-blaming ways with people, groups and communities
- Recognise people as the experts in their own lives
- View problems as separate from people
- Work in culturally sensitive ways

References and further reading

- 'What is Narrative Therapy – an easy to read introduction' by Alice Morgan
- 'Narrative means to sober ends: Treating addiction and its aftermath' by J. Diamond. (2000) Guilford Press. New York.

- Narrative Therapy: Responding to your Questions by Shona Russell and Maggie Carey

- 'A Community of Ideas: Behind the scenes – the work of Dulwich Centre Publications' by Cheryl White and David Denborough

- 'Responding to Violence: A collection of papers relating to child sexual abuse and violence in intimate relationships from Dulwich Centre Publications
- Journals - Dulwich Centre
- Web: www.dulwichcentre.com.au
www.narrativeapproaches.com
- Email newsgroup –
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Thanks for having me in your country