Narrative Therapy: Theory, Process, and Practice

Please complete the following quiz to earn Continuing Education credit.

Your name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which of the following is NOT an assumption of Narrative Therapy?
   1. Truth is made up of multiple perspectives and interpretations
   2. Truth is contextual and culture-based
   3. Truth is absolute
   4. Truth is relational and social
2. According to Narrative Therapy, truth is relative to a time, place, and person.
   1. True
   2. False
3. Which of the following are ways to identify the cultural Dominant Story?
   1. The belief system of the individual client
   2. Rules, morals, ethics, and values of a culture
   3. What cannot fit into a label or stereotype
   4. What is not typically accepted by society
4. According to Narrative Therapy, the values of the oppressed tend to set the rules for the Dominant Story.
   1. True
   2. False
5. A possible goal for a Narrative Therapist could be:
   1. To break a client out of the box(es) they have or society has placed them in
   2. To describe a client’s diagnosed disorder to them
   3. To present themselves as an authority figure on the client’s experience
   4. To show the client the role they play in their own problems
6. The client’s experience is more important than facts.
   1. True
   2. False
7. Narrative Therapy can be compared to:
   1. Using Sparknotes, summing up a larger story into easy-to-manage pieces
   2. Covering a famous song, maintaining the basics of the original story while adding personal style
   3. Turning a short-story into a novel, expanding the story and in doing so, bringing new meaning to it
   4. Teaching a child good behavior through a system of rewards and consequences
8. “Truth is relational and social” means:
   1. Stories take on new meanings when they are recounted to others
   2. The reactions of others changes how we retell and derive meaning from our stories
   3. Continued retelling of our stories changes events, rendering them in flux
   4. All of the above
9. The 4 common Narrative Therapy “steps” include:
   1. Externalizing the Problem, Mapping the Influences, Identifying Unique Outcomes, and Creating Alternative Stories
   2. Externalizing the Problem, Integrating Responsibility, Identifying Unique Outcomes, and Creating Alternative Stories
   3. Externalizing the Problem, Mapping the Infliences, Emphasizing Historical Patterns, and Creating Alternative Stories
   4. Building Motivation for Change, Externalizing the Problem, Identifying Unique Outcomes, and Creating Alternative Stories
10. When externalizing the problem, Narrative Therapists DO NOT:
    1. Redefine personal responsibility by focusing on changing the relationship with the problem rather than “fixing” it
    2. Encourage the client to take the role of the observer rather than the observed
    3. Side against the client and the problem
    4. Begin to give the problem its own identity apart from the client
11. For the purposes of Narrative Therapy, “Mapping the Influences” means:
    1. Creating a guide on how other people have influenced the client to become who they are
    2. Tracking all of the various ways the problem influences the client’s life
    3. Mapping the steps the client and therapist will take together to come to a solution
    4. Writing out societal influences on the client’s emotional problems
12. Physically mapping out the influences may look like:
    1. A web
    2. An actual map
    3. A game board
    4. All of the above, and may other creative options
13. Identifying Unique Outcomes could mean:
    1. Bringing to light the ignored, forgotten, or undervalued successes and victories
    2. Expanding the problem-saturated story to include proud moments
    3. Consulting with parents on their child’s progress
    4. All of the above
14. Which of the following would NOT be considered an Alternative Story?
    1. A client coming to terms with a mental health diagnosis and accepting this is the way they will always be, although they are unhappy with it
    2. A client coming to the conclusion after years of guilt that their abuse was not their fault
    3. A client realizing they have more power over their own life than they originally believed
    4. A client seeing their worth after feeling incompetent and helpless
15. Which of the following best explains “Recruiting an Audience”?
    1. Bringing strangers into the counseling room to witness the Narrative Therapy process in action
    2. Sharing the original, problem-saturated story with another therapist besides the primary one the client has been working with
    3. Finding individuals to share the alternative story with outside of the counseling relationship
    4. Aiding other clients in finding people to share their stories with

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