



Counselling and Care Centre

NARRATIVE THERAPY LEVEL ONE

BY MOHAMED FAREEZ

Narrative Practitioner

**PART OF A FORMAL
SPECIALISED
CERTIFICATION PATHWAY:**

Level One → Level Two →
Practitioner

COURSE SYNOPSIS

Practitioners would have an opportunity to develop foundational skills in this collaborative and strengths-based therapeutic approach. Narrative therapy focuses on helping individuals externalise problems, explore alternative stories and uncover personal strengths to foster meaningful change. The training also emphasises the importance of cultural sensitivities and adapting narrative practices for diverse contexts.

WHY TAKE NARRATIVE THERAPY LEVEL ONE?

Narrative Therapy Practitioners would be equipped with tools to:

- Help clients separate themselves from their problems, promoting empowerment and agency.
- Work collaboratively to uncover and amplify strengths and resilience in individuals, families, and communities.
- Address complex issues such as trauma, grief, and identity in culturally sensitive and inclusive ways.
- Expand their professional practice with a flexible, client-centered approach applicable across diverse settings.



WHO SHOULD ATTEND?

Social workers, counsellors, therapists, psychologists, educators, school counsellors, community workers, case managers and healthcare professionals

**\$1000 (BEFORE GST)
PENDING PCG SUBSIDY
14, 21, 28 AUGUST 2026
8, 15, 22 JANUARY 2027**

FOR MORE ENQUIRIES:

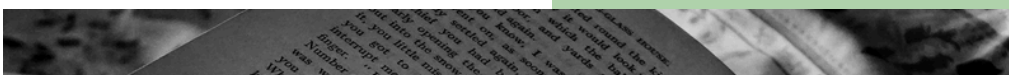
training@counsel.org.sg
chang@counsel.org.sg

**CONNECT @
CITY SQUARE MALL
180 KITCHENER ROAD
#04-05-#04-10
S208539**

REGISTER NOW!

**[Click to Register!](#)
August 26**

**[Click to Register!](#)
January 27**



COURSE OUTLINE

Day	Course Topics	Course Content
Day 1	AM: Introduction to Narrative Therapy	<ul style="list-style-type: none"> • Overview of narrative therapy's philosophy and origins • Key principles: Externalization, re-authoring, and unique outcomes • Role of language and stories in shaping identity
	PM: Skills Development: Externalization	<ul style="list-style-type: none"> • Techniques to help clients separate problems from their identity • Practice sessions: Crafting externalizing questions
Day 2	AM: Re-Authoring Conversations	<ul style="list-style-type: none"> • Identifying and amplifying preferred narratives • Guiding clients to explore hopes, values, and future possibilities • Recognizing and utilizing exceptions to the problem story • Skills practice: Eliciting and exploring unique outcomes
	PM: Re-Membering Conversations	<ul style="list-style-type: none"> • Exploring significant relationships and roles in the client's life • Helping clients reconnect with supportive figures or reframe difficult relationships • Skills practice: Conducting re-membering conversations
Day 3	AM: Outsider Witness Practices	<ul style="list-style-type: none"> • Understanding the role of outsider witnesses in narrative therapy. • Techniques for engaging outsider witnesses to strengthen alternative stories. • Practice sessions: Facilitating outsider witness responses.
	PM: Application of Narrative Therapy in Practice	<ul style="list-style-type: none"> • Addressing trauma, grief, identity, and family work. • Using narrative therapy in group and community contexts. • Incorporating outsider witness and re-membering practices into therapy.



MOHAMED FAREEZ BIN MOHAMED FAHMY

Fareez holds a Master of Narrative Therapy and Community Work from the University of Melbourne and a Master of Social Work from the National University of Singapore. He is the Chief Executive Officer and Divisional Director of the Care & Integration Division with Allkin Singapore, A recognized thought leader, he is also an International Faculty Member at Dulwich Centre, providing training globally. He has lectured at various institutions like the National University of Singapore, Singapore University of Social Sciences, and Northumbria University (Kaplan). He is an ACTA certified trainer and a Gallup Strengths Coach. His leadership, driven by a passion for narrative practices, empowers individuals, families, and communities.