

Download Team Of Life Narrative Therapy

The Team of Life Approach. The Team of Life approach uses sporting metaphors to enable young people to deal with traumatic experience without having to speak directly about it. It is an example of a collective narrative practice methodology, developed by David Denborough from Dulwich Centre Foundation. The Team of Life narrative approach uses sporting metaphors to enable young people to deal with traumatic experience without having to speak directly about it. Young people are invited to consider who are the members of their 'Team of Life': Who make up some of the team members of your life? These people can be alive or no longer living. Sitting around a table, with a large sheet of paper and coloured pens in the middle, the young people, peer mentors and narrative practitioner gathered to create a collective Team of Life. This involved first asking the young people which team sports they had any connection to. Team of Life is a narrative group methodology with sporting metaphors, which encourages young people to recognise the strength and resilience in their life teams. The approach has been used within diverse contexts internationally, for example with former child soldiers in Uganda, young men from refugee backgrounds and