About The Narrative Method

What is The Narrative Method?

The Narrative Method or TNM is an experiential program that uses stories to help individuals increase empathy, connect deeply and develop the skills to create more meaningful relationships.

Participants learn how to put themselves aside, absorb new points of view, and imagine the world through the eyes of another. With increased awareness, they challenge their automatic assumptions and kneejerk reactions. Doing so expands their tolerance for differences, leading to new perspectives about what may be possible for themselves, each other and the world.

“One's destination is never a place, but a new way of looking at things.”
-Henry Miller

Where does The Narrative Method come from?

The Narrative Method is a multi-disciplinary philosophy and practice, inspired by the values of social justice and influenced by people and concepts across many different fields including:

- Narrative Medicine (Rita Charon)
- Narrative Therapy (Michael White and David Epson)
- Attachment Theory (John Bowlby)
- The Good Enough Mother (Donald Winnicott)
- Imago Relationship Therapy (Harville Hendrix)
- Person Centered Approach (Carl Rogers)
- ... and the works of philosopher Emmanuel Levinas and Brazilian revolutionary educator Paulo Freire.
Is The Narrative Method therapy?

TNM is therapeutic, but it is not therapy. TNM rejects the idea of “normality” and instead helps participants explore the culture’s disorders.

Psychotherapy seeks to help the patient or client understand and cope with their emotional dysfunction. TNM focuses on how the culture impacts our ability to understand and authentically connect with each other. While there are people who suffer from mental illness, anxiety and depression are generally normal responses to a complex and dehumanizing society.

TNM is also different from therapy in that it does not seek to diagnose, fix or solve problems for participants. Rather, we witness their stories and encourage them to find their voice and perspective.

Is The Narrative Method right for everybody?

While TNM is not therapy, the program explores intellectual and emotional topics that may be triggering. It is recommended that individuals be cognitively and psychologically stable in order to participate.

What are the benefits of The Narrative Method?

TNM expands and improves:

- Awareness of self and others
- Wonder and curiosity
- Empathy and tolerance for differences
- Speaking and listening skills
- Authentic self-expression
- Perspective on self, others and the world
- Discovery of new ideas and possibilities