



Beyond Narrative Identity:
A Counselling Psychology Graduate Student's
Expansion of Individuality to Universality

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Narrative career counselling

What?

How?

Why?

From the first-person experience of
a counselling psychologist trainee



An Overview

- Narrative career stories in the class
 - Core themes of the self-generated psychological changes
 - "This is me": Self-ownership
- Expanded stories outside the classroom
 - Unwitting and effortless changes facilitated by personal and vocational identities
- Reflection of psychological theories
 - Bowen's (1974) family systems theory
 - Interplay between individuality and universality

After the presentation, you may...

- ❖ Learn more about the experiential-based narrative approach of career counselling from a first-person perspective
- ❖ Learn more about how the transformative changes may expand outside the classroom/ therapy room
- ❖ Learn more about how narrative career counselling benefits individuals from societies with strong family structure



Narrating my career stories...

(Cochran, 1997; Savickas, 2011)



My Lost Story

Think back a time in your life...
When you were lost in travelling, or
When you got lost and could not find your way home, or
When you were lost trying to find an address, or
When you were stuck in the snow or storm or in
somewhere

"Getting lost on the way to hostel"



"Although I appeared to be calm and easy, I felt restless inside me. I couldn't concentrate on our discussion. I had my eyes wide open and kept searching for the hostel."

My fear and restlessness

Externalization of emotions

"I kept swallowing water and I couldn't ask for help. I tried to keep my eyes open and to reach the edge of the pool."



Core themes of the psychological changes

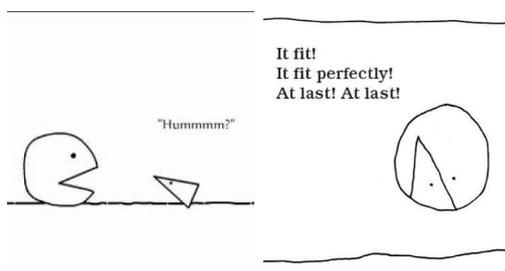
- Awakening
- Groundedness
- Exploring as a beginner
- Seeing the self and others
- Connecting with sensitivity and flexibility
- Calmness and acceptance

My Favorite Story

Share with me your favorite story, with a beginning, middle and end.

It could be your favorite book, a movie you have watched or any stories you have heard.

"A missing piece"



This is me.

"Being a complete circle may not be the whole, but being a circle with a mouth is."

"The mouth shows my creativity, flexibility and sensitivity"



Similar themes of the psychological changes

- Awakening
- Groundedness
- Exploring as a beginner
- Seeing the self and others
- Connecting with sensitivity and flexibility
- Calmness and acceptance

Self-ownership of identities

- | | | |
|---|--|--|
| <p>Career Stories</p> <ul style="list-style-type: none"> • Awakening • Groundedness • Exploring as a beginner • Seeing the self and others • Connecting with sensitivity and flexibility • Calmness and acceptance | | <p>Individuality</p> <ul style="list-style-type: none"> • Who am I? • "I am ..." • "This is me." |
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Expanded Stories outside classroom



Romantic Relationship

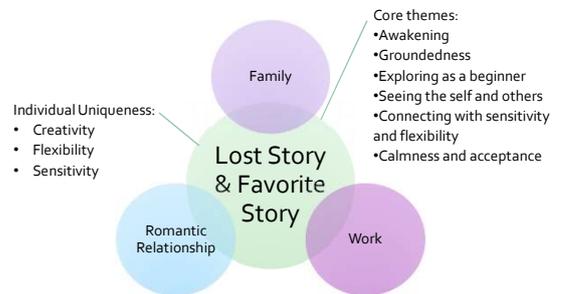


Family communication

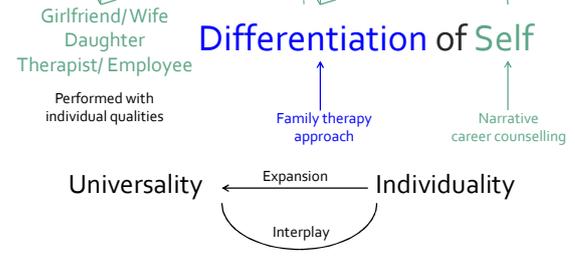
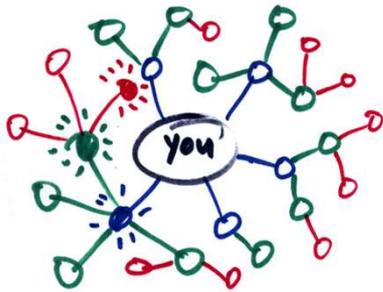


Work

Expansion of identity construction



Differentiation of self and others



A seed planted in my SELF



Another expanded story

- Where am I ?
- What am I doing ?
- What will I do after this presentation ?



