

Class	Date	Title	Activity #1	Activity #2	Homework	Unit
1		Confidentiality & Guidelines	Confidentiality & Guidelines	I am the kind of person who... (Part 1)		Unit 1: Introduction
2		Expectations & Worries	I am the kind of person who... (Part 2)	Expectations & Worries	Design House Activity	Unit 2: Psychoeducation
3		Introduction to Narrative Identity	Narrative Identity	Narrative Therapy	Letter of Self Compassion	Unit 3: My Life Story
4		Separating Problems from Yourself	Dog Year's Prompt	Externalization (Separation)	Create Your Own Metaphor Entry	Unit 4: Reinforcing Skills
5		Identifying the Problem	Naming, Influence, & Triggers	Changing the Relationship with Problem	Convo. Between Problem & You or Tell Story about Problem in Action	Unit 5: Alternate Classes
6		Giving Meaning to the Exception	Unique Outcomes (Exceptions)	Giving Meaning to the Difference	Tell Story about an Exception	Unit 0: Sub Classes
7		Broadening the Story	Tell Story about an Exception	What does the group need?	Tell Story about Life Experience Using Skills	
8		The Stories We Choose To Tell	Narrative Constructs (Types of Stories)	Dominant Narrative (Dom. Thinking)	Redemptive or Contamination Entry	
9		Identifying Dominant Thinking	List Dominant Thinking in Life	Existential Meanings of Dominant Thinking	Dominant Thinking Entry	
10		Giving Power Back to the Author	Re-Authoring	Re-Membering	Letter of Letting Go	
11		Driving Home the New Story	Following Through (Reinforcement)	Review & Feedback	What I Would Like To Carry Into The Next Semester	
12		Termination	Hope Entry	Connection Activity		
-		Stories from Our Culture	How Culture Affects Us?	Tell Story about Your Experience within Your Culture		
-		The Role I Play In My Story	Level of Agency	Locus of Control	Write a Story about the Role you Play within Your Story or Write a Story about you Playing a Different Role within Your Story	
-		Thickening Stories	Thick & Thin Descriptions			
-		Tree of Life Activity				