

Using the Tree of Life approach



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The Tree of Life

- A simple visual framework for talking about our lives in a way that makes us stronger.
- Each part represents something positive.
- Based on Narrative Therapy.
- Originated in Zimbabwe
- Assists professionals to draw attention to a bereaved person's historical ways of coping, knowledge, skills and abilities.

Framework

- Roots – where we come from physically and what influenced us growing up.
- Ground – where we are currently, both physically and mentally.
- Trunk – the strengths and skills we have.
- Branches – our hopes and dreams.
- Leaves – people who are important to us or who are influential in our lives
- Fruits - the gifts that we give and receive.

Ncube N. (2006) The Tree of Life project: Using narrative ideas to work with vulnerable children in Southern Africa. *The International Journal of Narrative Therapy and Community Work*. 1, 3-16

Bringing it all together

- Form a Forest of Life
- Get into small groups
- Identify **Storms of Life** and consider ways of responding to protect ourselves & each other
- For our work with bereaved people:
 - Acknowledges the fullness of the loss
 - Draws attention to the ability to adapt and transform