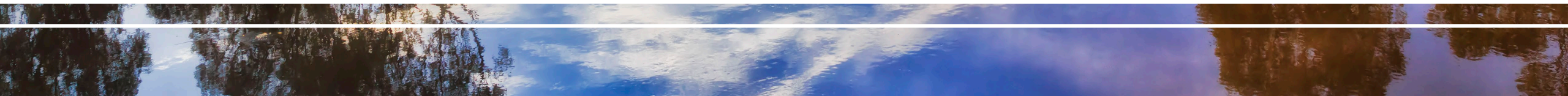




Crossing the River

A metaphor for change

Dr Greg Smith, Marnie Sather, Therese Hegarty



Using metaphors to support change

Western theory - identity and change :

Anthropology

Geertz, van Gennep, Bateson ..

Ethnology

Philosophy

Foucault

Social psychology

Gergen

Narrative theory

Bruner

First Nations

Relational identity, knowledges

Bagele Chilisa

Shawn Wilson

Aileen Moreton-Robinson

Lived Experience

The slide features a decorative header and footer. The header shows a blue sky with white clouds and green trees. The footer shows a reflection of the same scene in water.

The known & familiar

Liminal
‘Betwixt and Between’

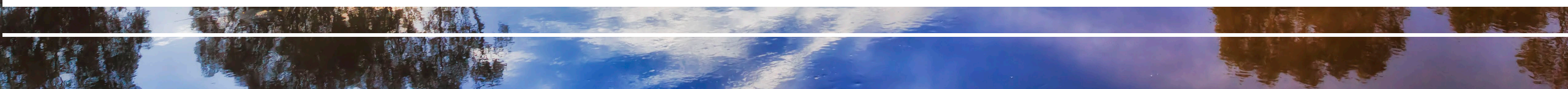
The future



On the river-bank

E.g

*Why am I choosing to make this
journey?*





The crossing

What might I need to put in place ?

What might get in the way?

Who can I involve?





The other side

Hopes, Dreams?

Practices?





On the river-bank

*Getting more distance
from:*

The Crossing

The work of getting across ...

What can make the crossing hard:

Getting somewhere ...

Getting closer to:

Self Respect

Being Loved

Being Trusted

Being a Dad

Being around my children



“Getting across without drowning ... “

The canoe

“Even on shit days ... we are in it together”



How we build it

Going to meetings
Getting a sponsor
 They can throw a life-line
Building a motor
A Steel front:
 for obstacles

Getting through the obstacles

Encouragement from others
Changing my head
Self Love

What gets in the way:

Snags
Sharks
Crocodiles
Piranhas
The old life

Who helps with the paddling:

Having family
Encouragement
Help us row
Keep us safe

Changing places in the boat



Feedback from men at Yitjawudik Mens Rehabilitation Service:

This has helped me understand what I am going through ...

I've visualized the journey ...

It has helped me separate me from the situation – de-personalising it ...

It helps to get a clearer picture.. It is not just me- it is others as well - on a different journey, but the same themes

It's given me an holistic view of everything

I've created my own island .. I have cut off my old connections, phone numbers ... created an island where I can develop myself, for the next stage. I'm in my hut ... it is like a cocoon ...

Hegarty, T., Smith, G., & Hammersley, M. (2010).
Crossing the river: A metaphor for separation, liminality, and reincorporation.
International Journal of Narrative Therapy & Community Work (2), 51-58.

