



# TREE OF LIFE DAY

WITH

**NZACELO NCUBE-MLILO**

Child Psychologist, Narrative Therapist  
and Psychosocial Specialist.

**Friday 6th July 2018**

**9.30am - 4pm**

**Hawthorne House, Halford Lane, Smethwick, B66 1BB**

The 'Tree of Life' is a therapeutic intervention developed in Africa by a child psychologist, Ncazelo Ncube-Mlilo (e.g. Ncube 2006), working in collaboration with David Denborough of the Dulwich Centre in Australia (e.g. Denborough, 2008). Although initially developed with children and young people it has been successfully used with adults. This approach enables both people and communities to reconnect to their roots, believe in their own abilities, acknowledge their dreams and adopt the safer 'riverbank' position.

With its roots in Narrative Therapy, it uses the tree as a metaphor to help people re-story their lives, identify their strengths and abilities, hopes and dreams, reconnect with their roots and relationships and think about the 'storms of life' from a position of strength.

This one day workshop will provide participants with an introduction to the Tree of Life, other ways of working such as Narratives in the suitcase and COURAGE methods. Participants will have the opportunity to enjoy experiential learning exercises and will leave with an understanding of these approaches and how they can be used in their setting.

## **COST**

**Waged/Statutory Organisations                    £90**

**Unwaged/Charitable Organisations            £50**

**Includes Refreshments and a Light Lunch**

## **BOOKING**

Available on the link below:

<https://billetto.co.uk/en/e/tree-of-life-day-delivered-by-ncazalo-ncube-mlilo-tickets-288295/>

**For informal enquiries about the Day please contact:**

**Maria on 07963 896 221   or   Sandra on 07745 392 318**

# ABOUT THE FACILITATOR



In 2006 child psychologist **Ncazelo Ncube-Mlilo** developed the Tree of Life in collaboration with David Denborough of the Dulwich Centre.

It has been successfully used to support mental health practitioners in their work with a huge variety of people and has been actively embraced by The South London and Maudsley NHS Trust (SLAM) to promote recovery through the promotion of positive and collaborative working relationships between staff and service users. Visit the link below to hear about Tree of Life at this Mental Health Trust : <https://youtu.be/ep9H4xL7IPo>

Over the past twelve years Ncazelo expanded her work to involve culturally sensitive therapies to support people who have experienced significant hardship and trauma. She has worked as a Psychosocial Specialist and Trauma specialist in various parts of the world.

Most recently she has developed the COURAGE methodology in Johannesburg which privileges the stories of women and seeks to honour the strengths, skills and courage that women show and use in the face of sorrow and grief.

## INFORMATION ABOUT ORGANISERS

### The Psychology Cafe

We are a small group of psychologists who believe in offering approachable and down to earth services for people and businesses facing up to challenges . For more information please visit our [www.thepsychologycafe.com](http://www.thepsychologycafe.com)

### The Red Earth Collective

The Red Earth Collective CIC is an Independent health and well-being organisation that uses the arts to stimulate conversations and inspire stories that will improve the mental well-being of marginalized and racialised communities in the UK.

