

## CePCO Conference and CARLA Seminar

### Outcomes and change processes in narrative career counselling

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**Abstract:** This presentation will address research on outcomes and processes of change in career counselling. A narrative constructivist model was developed, based on the Life-Design Paradigm, at the Federal University of Rio Grande do Sul. The first study investigated intervention's outcomes on career adaptability, meaning in life and clients' autobiographical narratives, using a quasi-experimental design. The second and third studies sought to understand the relationship between the counselling outcomes with the processes of narrative change, evaluated with the Innovative Moments Model, in two contrasting case studies. After the intervention, clients presented improvements in their career adaptability resources, in the presence of meaning in life and in the affective valence of their autobiographical narratives. The study of the processes of change showed that career counselling favoured the elaboration of narrative changes of increasing complexity. This is a pattern also found in psychotherapy and other approaches of career counselling. Additionally, new research in progress and cultural specificities in relation to the subject will be discussed.

**Lieu: Université de Lausanne, Géopolis, Salle 2121, 1015 Lausanne**

**Date: Lundi 24 février, 2020, de 10h30 à 12h**

Organisation: Ms. Liliane Efinger, Dr. Amber Gayle Thalmayer and Prof. Jérôme Rossier

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