



# Innovative moments and narrative change in career counselling: a case study

Cláudia Sampaio Corrêa da Silva<sup>1</sup> · Marco Antônio Pereira Teixeira<sup>1</sup> · Paulo Cardoso<sup>2</sup> · Pablo Fernández-Navarro<sup>3</sup> · Miguel M. Gonçalves<sup>3</sup> · Maria Eduarda Duarte<sup>4</sup>

Received: 24 October 2019 / Accepted: 5 March 2020  
© Springer Nature B.V. 2020

## Abstract

This case study of an undecided university student has two aims: to assess the effect of life design career counselling on autobiographical reasoning and career variables, and to analyse the client's narrative transformation using the innovative moments coding system. Results show improvement in career development and organization of autobiographical narrative. The client's narrative evolved from basic to complex levels of elaboration. The spontaneous emergence of re-conceptualization innovative moments differs from previous studies and suggests that counselling length and tasks can facilitate re-conceptualization. Among the implications, the use of narrative change markers to fit counselling tasks to clients' level of development is discussed.

**Keywords** Career counselling · Innovative moments · Autobiographical narrative

✉ Cláudia Sampaio Corrêa da Silva  
claudia.sampaioes@gmail.com

Marco Antônio Pereira Teixeira  
mapteixeira.psi@gmail.com

Paulo Cardoso  
pmsc@uevora.pt

Pablo Fernández-Navarro  
pfernav@gmail.com

Miguel M. Gonçalves  
mgoncalves@psi.uminho.pt

Maria Eduarda Duarte  
maria.ec.duarte@gmail.com

<sup>1</sup> Institute of Psychology, Federal University of Rio Grande Do Sul, Porto Alegre, Brazil

<sup>2</sup> Department of Psychology, University of Évora, Évora, Portugal

<sup>3</sup> School of Psychology, University of Minho, Braga, Portugal

<sup>4</sup> Faculty of Psychology, University of Lisbon, Lisbon, Portugal