

## Narrative Means To Therapeutic Ends

This report addresses work covered in the ANROWS research project PI.17.12 Engaging men: Invitational-narrative approaches. This report outlines the process of the project which included a developmental evaluation of narrative therapy approaches practised by Uniting Communities to document the processes of engagement when domestic and family violence (DFV) is noticed in individual, couple and family counselling. This qualitative study uses: a literature review, organisation mapping documenting the scope, nature and complexity of the DFV work undertaken by the partner agencies, and interviews with men, partners/ex-partners and therapists (n=40 for each) to provide a holistic understanding of men's experiences of engagement, behaviour and attitudinal change, accountability and responsibility. How to apply the definitive postmodern therapeutic technique in a variety of situations, including treating alcoholics, counseling students, treating male sexual abuse survivors, and more. Written with scholarship, energy, practicality, and awareness.

Tells how to help children use play activities to gain perspective on their difficulties

Narrative therapy is an exciting and evolving psychotherapeutic approach. Narrative Therapy Approaches for Physical Health Problems takes the reader on a journey across the territory of narrative therapy theories, principles, and practices, and its application to the field of physical health. It explicitly considers a person's context and explores ways of intervening that go beyond the individual. This includes working with medical teams, engaging in conversations about broader narratives of health and wellness, alongside ideas for adapting practice to take account of particular settings and client groups. Although a lot of theoretical ground is covered, the overarching remit of this book is as a practical guide. The book is peppered with examples, which help explain concepts and illustrate how ideas look in practice. Narrative Therapy Approaches for Physical Health Problems is a book for all professionals who are therapeutically supporting people with physical health problems, across the lifespan. It is intended for those that have an interest in understanding more about how to address the emotional needs of the people with whom they work.

Narrative in Social Work Practice features first-person accounts by social workers who have successfully integrated narrative theory and approaches into their practice. Contributors describe innovative and effective interventions with a wide range of individuals, families, and groups facing a variety of life challenges. One author describes a family in crisis when a promising teenage girl suddenly takes to her bed for several years; another brings narrative practice to a Bronx trauma center; and another finds that poetry writing can enrich the lives of people living with dementia. In some chapters, the authors turn narrative techniques inward and use them as vehicles of self-discovery. Settings range from hospitals and clinics to a graduate school and a case management agency. Throughout, Narrative in Social Work Practice showcases the flexibility and appeal of narrative methods and demonstrates how they can be empowering and fulfilling for clients and social workers alike. The differential use of narrative techniques fulfills the mission and core competencies of the social work profession in creative and surprising ways. Stories of clients and workers are, indeed, powerful.

Writing a journal is not just about keeping a record of daily events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth. The author of this book guides the reader through developing journal writing to use as a therapeutic tool. Keeping a journal can help the writer to develop a better understanding of themselves, their relationships and the world around them, as well as improve skills of problem-solving, decision-making and planning. As such, journal writing can be a powerful complement to verbal therapy, offering an effective and affordable way of extending support to troubled clients. The book includes advice on working with individuals, facilitating a therapeutic writing group, proposed clinical applications, practical techniques, useful journal prompts, exercises and case vignettes. This clear guide to the basics of journaling and its development as a therapeutic medium will be a valuable handbook for therapists, health and social care practitioners, teachers, life coaches, writing facilitators and any professional seeking personal development in themselves or their clients.

Narrative Therapy provides an introduction to the theory, history, research, and practice of this post-structural approach. First developed by David Epston and Michael White, this therapeutic theory is founded on the idea that people have many interacting narratives that go into making up their sense of who they are, and that the issues they bring to therapy are not restricted to (or located) within the clients themselves, but rather are influenced and shaped by cultural discourses about identity and power. Narrative therapy centers around a rich engagement in re-storying a client's narrative by re-considering, re-appreciating, and re-authoring the client's preferred lives and relationships. In this book, Stephen Madigan presents and explores this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and recent developments that have refined the theory and expanded how it may be practiced. This essential primer, amply illustrated with case examples featuring diverse clients, is perfect for graduate students studying theories of therapy and counseling, as well as for seasoned practitioners interested in understanding how a narrative therapy approach has evolved and how it might be used in their practice.

For psychotherapy students, teachers, and practitioners, this book describes the clinical application of the growing body of ideas and practices that has come to be known as narrative therapy. Clear and compelling demonstrations of narrative therapy practice, rich in case examples and creative strategies, are at the heart of this book.

This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1897 edition. Excerpt: ...to intervene at a policy level. He did feel that he was getting somewhere with these initiatives, and it wasn't this that he wished to focus on in our conversation. What concerned him most, and what he wanted to explore in our conversations, was that, despite his awareness of the context of the dilemmas he was facing in his work, he couldn't help but feel that he was failing the persons who were consulting him. It was this sense of failure that he believed was contributing most significantly to the despair that he had spoken of at the beginning of our conversation. As we talked, I asked Paul some questions: 'Despair isn't something that persons experience without having had some hope that things would be different. Could we talk about some of the hopes that you have for the lives of others, those hopes that you have experienced being frustrated?' 'You said that many of your agency's recent policy decisions go against what you stand for. Would you talk about some of your values and beliefs that are contradicted by these decisions?' 'In regard to the sense of failure that you have spoken of, could you say something about your appreciation of the possibilities that are available to persons in their lives?' In the conversation that was shaped by these questions, I also asked Paul to assist me to understand the history of these hopes, of these values, and of this understanding of the possibilities available to persons in their lives. In tracing the history of these hopes, values, beliefs, and this commitment to the exploration of the possibilities for persons' lives, among other things he spoke of his aunt's and uncle's contributions: of his aunt's habit of caring about the less fortunate and marginal people in her community, in ways emotional...

This book is an inclusion of papers that were originally given as plenary addresses. The author's descriptions of his work with a number of people are also included in the book. In these descriptions we are treated not only to the details of his work, but we see the exquisite care he took in his therapy relationships.

In this unique book, noted family therapists Jeffrey L. Zimmerman and Victoria C. Dickerson explore how clients' problems are defined by personal and cultural narratives, and ways the therapist can assist clients in co-constructing and reauthoring narratives to fit their preferences. The authors share their therapeutic vision through a series of stories, fictionalized discussions, and minidramas, in which problems have a voice. Written in an engaging and personal style, the book challenges many dominant ideas in psychotherapy, inviting the reader to enter a world in which she or he can experience a radically different view of problems, people, and therapy. A wealth of stories told from the clients' point of view illustrate the creative ways they begin to deal with problems: Individuals escape them, couples take their relationships back from problems, kids dump their problems, and teenagers work with their parents to fight their problems. Training and supervision from the perspective of students are also discussed. As entertaining as it is informative, this book will be welcomed by family therapists both novice and experienced, from a range of orientations. Offering a creative and accessible approach to clinical work, it also serves as a supplementary text in courses on family and narrative therapy.

Showcasing approaches as creative and playful as young clients themselves, the book presents therapy as a dialogue of discovery. Through transcripts and compelling case examples, contributors illuminate how drama, art, play, and humor can be used effectively to engage with children of different ages, and to honor their idiosyncratic language, knowledge, and perspective.

'A densely packed book with interesting and valuable research gleaned from a wide variety of therapy approaches, Narrative and Psychotherapy furnishes the reader with a cogent historical appraisal of the way psychotherapy, culture and storytelling fit together.... A good reference book for counsellors and students.... The authors' students, and clients, must be very happy that he has the interest and the capacity to tune in to others in such a fresh manner' - Counselling, The Journal of the British Association for Counselling The core of psychotherapy can be seen as a process in which the client comes to tell, and then re-author, an individual life-story or personal narrative. The author of this book argues that all therapies are, therefore, narrative therapies, and that the counselling experience can be understood in terms of telling and retelling stories. If the story is not heard, then the therapist and the client are deprived of the most effective and mutually involving mode of discourse open to them. Taking a narrative approach also requires thinking about the nature of truth, the concept of the person, the relationship between therapist and client, and the knowledge base of psychotherapy. John McLeod examines the role and significance of stories in psychotherapy from within a broad-based cultural and theoretical framework.

This best selling book is an easy-to-read introduction to the ideas and practices of narrative therapy with accessible language, a concise structure and a wide range of practical examples. This book covers a broad spectrum of narrative practices including externalisation, re-remembering, therapeutic letter writing, the use of rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is trying to apply narrative ideas in your own work context, this book has been written with you in mind.

Introduces a Powerful New Brief Therapy Approach This groundbreaking book is the first to provide a comprehensive model for effectively blending the two main postmodern brief therapy approaches: solution-focused and narrative therapies. It harnesses the power of both models—the strengths-based, problem-solving approach of SFT and the value-honoring and re-descriptive approach of Narrative Therapy--to offer brief, effective help to clients that builds on their strengths and abilities to envision and craft preferred outcomes. Authored by a leading trainer, teacher, and practitioner in the field, the book provides an overview of the history of both models and outlines their differences, similarities, limitations and strengths. It then demonstrates how to blend these two approaches in working with such issues as trauma, addictions, grief, relationship issues, family therapy and mood issues. Each concern is illustrated with a case study from practice with individual adults, adolescents, children, and families. Useful client dialogue and forms are included to help the clinician guide clients in practice. Each chapter concludes with a summary describing and reinforcing the principles of the topic and a personal exercise so the reader can experience the approach first hand. Key Features: Describes how two popular postmodern therapy models are combined to create a powerful new therapeutic approach—the first book to do so Includes case studies reflecting the model's use with individual adults, children, adolescents, and families Provides supporting dialogue and forms for practitioners Authored by a leading figure in SFT and its application in a variety of setting Presents an overview of the history of both models

Final thoughts from the now-deceased leader of narrative therapy. Michael White's untimely death deprived therapists of a leading light. Here, available for the first time in book form, is a collection of the work he left behind—writings on topics dear to the psychotherapeutic world: turning points in therapy, conversations, resistance and therapist responsibility, couples therapy, and narrative responses to trauma.

This authoritative reference assembles prominent international experts from psychology, social work, and counseling to summarize the current state of couple and family therapy knowledge in a clear A-Z format. Its sweeping range of entries covers major concepts, theories, models, approaches, intervention strategies, and prominent contributors associated with couple and family therapy. The Encyclopedia provides family and couple context for treating varied problems and disorders, understanding special client populations, and approaching emerging issues in the field, consolidating this wide array of knowledge into a useful resource for clinicians and therapists across clinical settings, theoretical orientations, and specialties. A sampling of topics included in the Encyclopedia: Acceptance versus behavior change in couple and family therapy Collaborative and dialogic therapy with couples and families Integrative treatment for infidelity Live supervision in couple and family therapy Postmodern approaches in the use of genograms Split alliance in couple and family therapy Transgender couples and families The first comprehensive reference work of its kind, the Encyclopedia of Couple and Family Therapy incorporates seven decades of innovative developments in the fields of couple and family therapy into one convenient resource. It is a definitive reference for therapists, psychologists, psychiatrists, social workers, and counselors, whether couple and family therapy is their main field or one of many modalities used in practice.

Working with clients who abuse drugs or alcohol poses formidable challenges to the clinician. Addicted persons are often confronting multiple, complex problems, from the denial of the addiction itself, to legacies of early trauma or abuse, to histories of broken relationships with parents, spouses, and children. Making matters more confusing, the treatment field is too often splintered into different approaches, each with its own competing claims. This eloquently written book proposes a narrative approach that builds a much-needed bridge between family therapy, psychodynamic therapy, and addictions counseling. Demonstrated are innovative, flexible ways to help clients form new understandings of what has happened in their lives, explore their relationships to drugs and alcohol, and develop new stories to guide and nourish their recovery.



This volume presents a unique and powerful brief therapy approach that combines the best elements of the strategic and narrative traditions in family therapy. Highly effective in treating a broad range of clinical problems, this integrative model enables therapists to alter meanings while working toward behavior change in a goal-directed framework. Taking readers step by step through the process of change, the book shows how problems develop from the mishandling of ordinary life events and how therapists can map problem cycles, reframe problems with respect, and work with clients to create simple and elegant solutions.

'A thought provoking and interesting book that will be of interest to nurses and others supporting patients' - Accident and Emergency Nursing 'It is a relevant and timely book that will remind therapists of the importance of the telling of client's stories as an important component of the therapeutic process. Whatever approach we use, the client's story will be a part of what we work with, so a sophisticated questioning of what 'stories/narratives' are will benefit our work. This book is a good starting point for such an exploration. It's an interesting book that will appeal to counsellors ready to challenge or add to their existing approach' - Therapy Today Narrative Therapy: An Introduction for Counsellors, Second Edition, offers a clear and concise overview of this way of working without oversimplifying its theoretical underpinnings and practices. Narrative therapy places peoples' accounts of their lives and relationships at the heart of the therapeutic process. Its main premise is that the telling and re-telling of experience by means of guided questioning can facilitate changed, more realistic perspectives, and open up possibilities for the person seeking assistance to position him- or herself more helpfully in relation to the issues brought to therapy. Drawing on the ideas of Michael White and David Epston, this fully revised, extended and updated second edition incorporates recent developments in narrative theory and practice, and introduces developments initiated by other narrative therapists worldwide. New material has been added around counselling for post-traumatic reactions, couples conflict and a sense of personal failure. The book is illustrated with extensive examples of practice with individuals and couples. It is ideal for anyone on training courses in narrative therapy, and also for counsellors who wish to consider common ground between narrative ideas and their current approach. Martin Payne is an independent therapist and trainer in Norwich, UK.

Narrative psychiatry empowers patients to shape their lives through story. Rather than focusing only on finding the source of the problem, in this collaborative clinical approach psychiatrists also help patients diagnose and develop their sources of strength. By encouraging the patient to explore their personal narrative through questioning and story-telling, the clinician helps the patient participate in and discover the ways in which they construct meaning, how they view themselves, what their values are, and who it is exactly that they want to be. These revelations in turn inform clinical decision-making about what it is that ails them, how they'd like to treat it, and what recovery might look like. The Art of Narrative Psychiatry is the first comprehensive description of narrative psychiatry in action. Engaging and accessible, it demonstrates how to help patients cultivate their personal sources of strength and meaning as resources for recovery. Illustrated with vivid case reports and in-depth accounts of therapeutic conversations, the book offers psychiatrists and psychotherapists detailed guidance in the theory and practice of this collaborative approach. Drawing inspiration from narrative therapy, post-modern philosophy, humanistic medicine, and social justice movements - and replete with ways to more fully manifest the intentions of the mental health recovery model - this engaging new book shows how to draw on the standard psychiatric toolbox while also maintaining focus on the patient's vision of the world and illuminating their skills and strengths. Written by a pioneer in the field, The Art of Narrative Psychiatry describes a breadth of nuanced, powerful narrative practices, including externalizing problems, listening for what is absent but implicit, facilitating re-authoring conversations, fostering communities of support, and creating therapeutic documents. The Art of Narrative Psychiatry addresses mental health challenges that range from mild to severe, including anxiety, depression, despair, anorexia/bulimia, perfectionism, OCD, trauma, psychosis, and loss. True to form, the author narrates her own experience throughout, sharing her internal thoughts and decision-making processes as she listens to patients. The Art of Narrative Psychiatry is necessary reading for any professional seeking to empower their patients and become a better, more compassionate clinician.

This book introduces a range of hopeful methodologies to respond to individuals, groups and communities who are experiencing hardship. These approaches are deliberately easy to engage with and can be used with children, young people and adults. The methodologies described include: Collective narrative documents, Enabling contributions through exchanging messages and convening definitional ceremonies, The Tree of Life: responding to vulnerable children, The Team of Life: giving young people a sporting chance, Checklists of social and psychological resistance, Collective narrative timelines, Maps of history, and Songs of sustenance. To illustrate these approaches, stories are shared from Australia, Southern Africa, Israel, Ireland, USA, Palestine, Rwanda and elsewhere. This book also breaks new ground in considering how responding to trauma also involves responding to social issues. How can our work contribute not only to 'healing' but also to 'social movement'? As we work with the stories of people's lives can we contribute to the remaking of folk culture? And is it possible to move beyond the dichotomy of individualism/collectivism? Collective narrative practices are now being engaged with in many different parts of the world. This book invites the reader to engage with these approaches in their own ways.

Recognizing the power of children's imaginations in narrative therapy. Therapists may marvel at children's imaginative triumphs, but how often do they recognize such talents as vital to the therapy hour? Should therapists reserve a space for make-believe only when nothing is at stake, or might it be precisely those moments when something truly matters that imagination is most urgently needed? This book offers an alternative to therapeutic perspectives that treat children as vulnerable and helpless. It invites readers to consider how the imaginative gifts and knowledge of children, when supported by the therapist and family, can bring about dramatic change. The book begins with an account of the foundations of narrative theory. It explains how such elements as language, characterization, and suspense contribute to the coherence of a story and bring young people into focus. Each subsequent chapter provides specific suggestions for the practice of narrative therapy. Examples of the difficulties children face are offered, along with narrative interventions and tips for overcoming common barriers that can arise along the way. Readers will learn a variety of ready-to-implement strategies, including how to personify problems, compose letters to affirm children's identities, summon fairies to lend a helping hand, and many more. Sample dialogues between the authors, children, and their parents bring the application of each practice to life, illuminating how even the most stubborn problem can be outwitted, sometimes by mischievous means. With robust professional insight, Narrative Therapy in Wonderland will aid any practitioner in calling on children's imaginative know-how. How often can a young person be spotted diving headlong into a world of fantasy? This book explores the extraordinary fact that these young people may, upon arrival in Wonderland, be far better equipped to take on even dire challenges than when they remain "up above."

Michael White, one of the founders of narrative therapy, is back with his first major publication since the seminal Narrative Means to Therapeutic Ends, which Norton published in 1990.

Narrative Therapy: Making Meaning, Making Lives offers a comprehensive introduction to the history and theory of narrative therapy. Influenced by feminist, postmodern, and critical theory, this edited volume illustrates how we make sense of our lives and experiences by ascribing meaning through stories that arise within social conversations and culturally available discourses.

In this thoughtful collection of interviews and essays, Michael White extends upon his explorations of the narrative metaphor in therapy. Thorough explorations of the thinking that informs narrative practice are interwoven with stories of therapeutic conversations shared. For those readers who are already engaged with narrative therapy, this collection will

provide further food for thought.

Use of letter-writing in family therapy.

Bringing interpersonal neurobiology and narrative therapy together. Narrative therapy understands storytelling as the way we make sense of ourselves and life experience. Many non-narrative therapists have expressed great admiration and interests in the politics the work exposes, the way it brings in the socio-political context, and the way it centers clients. Yet despite its popularity and success as a useful therapeutic approach, Narrative Therapy has been criticized as minimizing and failing to develop any extended discussion of something vital to our lives: emotion. Neuro-Narrative Therapy attempts to redress this problem by taking us first through standard Narrative practices, and then showing how and where affect can be brought in and even privileged in the work. After situating the evolution of Narrative Therapy in its historical context, the book provides information about why emotions should be given an important place in the work. Specifically, it brings ideas and implications of some of the most exciting and novel theories—interpersonal neurobiology and affective neuroscience—to the practice of Narrative Therapy. Readers will learn about the growing emphasis on the right brain, and how an understanding of the ways in which emotion and affect are manifested by the brain can help us help our clients. The possibilities for this new approach are many: a freer discussion of the emotional side of your clients; an understanding and sensitivity to the relation of body and mind; attention to how the therapeutic relationship of our clients can become a resource in treatment and a renewed understanding of how our memories—and thus our stories about our lives—develop in early childhood and beyond. For any therapist working in the area of Narrative Therapy, and for any interested in the emerging understandings that science is bringing to appreciating how our brains develop with and among each other, this book has something to offer. Combining the neuro- and the narrative, as Jeffrey Zimmerman has done here, will create a new direction in Narrative Therapy, one in which our brain and body work together, inviting a more direct and effective engagement with clients.

`Narrative therapy invites a fresh look at assumptions in the therapy culture, and on reading Martin Payne's account I instantly had a sense of being understood. I found this particularly refreshing, as so much that is written in the name of narrative therapy doesn't at all fit with my understanding of its philosophical, ethical and political considerations. He has succeeded in representing his own voice in this, which really makes for engaging reading and accessibility of these ideas' - Michael White `This is a fascinating and important book' - John McLeod `A book which is refreshing, thoughtful and modest in its outlook....there is something in this book for most of us' -

Key features of the third edition: -An overview of the changing face of counseling, from emerging employment opportunities to core competencies for counselors and trainers. -A broad range of qualitative and quantitative assessment tools, with guidelines for their selection and interpretation. -A thorough review of the current edition of the Diagnostic and Statistic Manual of Mental Disorders, including strategies for multiaxial assessment. -The DO A CLIENT MAP, a comprehensive structured approach to treatment planning. -Expanded coverage of individual, family, and group interventions -An updated chapter on documentation, report writing, and record keeping, with sample reports and forms. -Brand-new chapters on career and organizational development counseling, and ethical standards for counselors. -A predictions chapter identifying trends most likely to influence the future of the field. -Case studies, models, and examples throughout.

Narrative Means to Therapeutic Ends W. W. Norton & Company

This handbook draws together theorists and practitioners to describe and detail assessment and intervention strategies focusing on client story-telling and story reconstruction to promote positive change in clients.

Key phrases: blended learning, insider knowledge, online pedagogy, narrative therapy, postmodern pedagogy, practitioners and consumers, practitioner-training, public practices, reflective practitioner, students' voices, teaching congruently, teacher-practitioner, therapeutic letters, teaching therapeutic practice.

Responding to what he perceives as the ever-increasing medicalisation of psychotherapy in recent decades, whereby clients are seen as mostly passive recipients of services, Alphons J Richert offers therapists a collaborative theory that reasserts the importance of a client-centred approach to therapy. To be most useful to the client, he maintains, therapists must not be entirely tied to a particular school or approach, but must have a guiding framework that enables them to work flexibly, engaging in different activities at different times and with different clients, but always with a clear understanding of why they are doing so. Rooted in a primarily constructivist framework, Richert sets out to develop an approach that uses both existential and narrative thinking regarding the process of change. After each of these approaches -- including the similarities and major differences between them -- are outlined, a more integrative method can be described, as Richert focuses on the interplay of bodily, lived experience and socially constructed meaning in the creation of the persons self and world. A client is best served, he argues, when the therapist attends carefully to such meaning-making processes, and a creative synthesis of existential and narrative approaches grants particular emphasis to the human process of meaning-making on both these internal and interpersonal levels. As a scholar and a practitioner, Richert also discusses the implications of this integrative position for the actual practice of therapy. Acknowledging the variety of needs, difficulties, and complex cases therapists must often address, this approach offers a systematic and purposeful approach to psychotherapy that simultaneously equips the therapist to adapt to the constantly developing therapeutic enterprise and to flexibly engage different clients with a diverse assortment of activities, interventions, and methods of treatment. Integrating Existential and Narrative Therapy will be of special interest to scholars and clinical psychologists who pursue either of these approaches to psychotherapy, as well as to those who seek to enhance a variety of other methodologies.

In the essays and lectures here titled Neganthropocene, Stiegler opens an entirely new front moving beyond the dead-end "banality" of the Anthropocene. Stiegler stakes out a battleplan to proceed beyond, indeed shrugging off, the fulfillment of nihilism that the era of climate chaos ushers in. This work was published by Saint Philip Street Press pursuant to a Creative Commons license permitting commercial use. All rights not granted by the work's license are retained by the author or authors.

Michael and Alice share stories from their work with children and their families, and the ideas behind this work - including detailed explanations of externalising practices, scaffolding conversations, and ways

of inviting others to act as an audience to consultations with children. Just some of questions taken up in this thoughtful and practical book are: When there is conflict between parents and children, how can therapists create a context for collaboration? How can counsellors respond to children who have experienced trauma? When a therapy session is going 'nowhere', what might be helpful to reflect upon? If you work with children, this easy-to-read and rigorous book will be a treasured companion.

The authors start with the assumption that people experience problems when the stories of their lives, as they or others have invented them, do not sufficiently represent their lived experience. Therapy then becomes a process of changing these stories of the lives and experiences of these people. In this way narrative comes to play a central role in therapy.

Powerful ideas from narrative therapy can teach us how to create new life stories and promote change. Our lives and their pathways are not fixed in stone; instead they are shaped by story. The ways in which we understand and share the stories of our lives therefore make all the difference. If we tell stories that emphasize only desolation, then we become weaker. If we tell our stories in ways that make us stronger, we can soothe our losses and ease our sorrows. Learning how to re-envision the stories we tell about ourselves can make an enormous difference in the ways we live our lives. Drawing on wisdoms from the field of narrative therapy, this book is designed to help people rewrite and retell the stories of their lives. The book invites readers to take a new look at their own stories and to find significance in events often neglected, to find sparkling actions that are often discounted, and to find solutions to problems and predicaments in unexpected places. Readers are introduced to key ideas of narrative practice like the externalizing problems - 'the person is not the problem, the problem is the problem' -and the concept of "re-membering" one's life. Easy-to-understand examples and exercises demonstrate how these ideas have helped many people overcome intense hardship and will help readers make these techniques their own. The book also outlines practical strategies for reclaiming and celebrating one's experience in the face of specific challenges such as trauma, abuse, personal failure, grief, and aging. Filled with relatable examples, useful exercises, and informative illustrations, *Retelling the Stories of Our Lives* leads readers on a path to reclaim their past and re-envision their future.

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