

## The Therapeutic Use Of Stories

How can stories and legends, written and oral, help people suffering from severe traumas or harsh conditions, now or in the past? Can storytelling help us sort out our innermost feelings and troubles? This deeply human subject is relevant not only to practitioners of psychotherapy, but to all of us, as we sometimes go through difficult times in life. In *Therapeutic Uses of Storytelling*, a cross-disciplinary group of researchers examine the ways in which narrative might aid in coping with difficult situations in life, and with the emotions that these situations engender. Starting with an introduction to basic narrative theories and the therapeutic effects of storytelling, the book then moves on to a series of lucid case studies. The authors present a diversity of material such as blogs, poetry, magazines, memoirs, and oral accounts from Antiquity to the present. Authors from several different disciplines make for a diversity of perspectives. The authors specialise in folkloristics, psychology, writing studies, poetry therapy, and classical studies. Psychologists, social workers, researchers, therapists – all can benefit from this book, including everyone interested in the possibility of inner exploration through stories.

*Queering Your Therapy Practice: Queer Theory, Narrative Therapy, and Imagining New Identities* is the first practice-based book for therapists that presents queer theory and narrative therapy as praxis allies. This book offers fresh, hopeful resources for therapists committed to culturally responsive work with queer and trans people and the important others in their lives. It features clinical vignettes from the author's practice that bring to life the application of queer theory through the practice of narrative therapy and serve as teaching tools for the specific concepts and practices highlighted in individual, relational, and family therapy contexts. The text also weaves in questions for reflection and discussion, and Q-tips summarizing key points and practices. A practical resource for both seasoned therapists and students, *Queering Your Practice Theory* demonstrates how therapeutic practice can be informed, improved, and deepened by queer theory.

The healing power of narrative and its intertwining with expressive arts enable this book to provide professionals with knowledge needed to assist adolescents and young adults overcome personal and social issues using strengths-based storytelling. A companion website contains printable storytelling worksheets, color photographs for phototherapy, and additional resources and websites.

Use of the imagination is a key aspect of successful psychotherapeutic treatments. Psychotherapy helps clients get in touch with, awaken, and learn to trust their creative inner life, while therapists use their imaginations to mentalise the suffering other and to trace the unconscious stirrings evoked by the intimacy of the consulting room. Working from this premise, in *The Therapeutic Imagination* Jeremy Holmes argues unashamedly that literate therapists make better therapists. Drawing on psychoanalytic and literary traditions both classical and contemporary, Part I shows how poetry and novels help foster therapists' understanding of their own imagination-in-action, anatomised into five phases: attachment, reverie, logos, action and reflection. Part II uses the contrast between secure and insecure narrative styles in attachment theory and relates these to literary storytelling and the transformational aspects of therapy. Part III uses literary accounts to illuminate the psychiatric conditions of narcissism, anxiety, splitting and bereavement. Based on Forster's motto, 'Only Connect', Part IV argues, with the help of poetic examples, that a psychiatry shorn of psychodynamic creativity is impoverished and fails to serve its patients. Clearly and elegantly written, and drawing on the author's deep knowledge of psychoanalysis and attachment theory and a lifetime of clinical experience, Holmes convincingly links the literary and psychoanalytic canon. *The Therapeutic Imagination* is a compelling and insightful work that will strike chords for therapists, counsellors, psychoanalysts, psychiatrists and psychologists.

This is a unique book that explores stories from an educational, community, social, health, therapeutic and therapy perspectives, acknowledging a range of diverse social and cultural views in which stories are used and written by esteemed storytellers, artists, therapists and academics from around the globe.

This treasury of 101 new healing stories addresses a range of issues - from unruly behaviour to grieving, anxiety, lack of confidence, bullying, teasing, nightmares, intolerance, inappropriate talk, toileting, bedwetting and much more. The stories also have the potential for nurturing positive values.

"*Therapeutic Story StartUps* is a creative resource that can be used by therapists and other professionals working with children aged 4-12 years. They are designed to support children to understand, explore and express their feelings through story imagination and play. Six beautifully illustrated storybooks address themes of: Loss, Bullying, Anger, Worries, Family Break-Up and low Self-Esteem. The accompanying characters, props and scenes invite the child to act out their own story, asking the question, "What happens next?... " The full pack includes: - Six illustrated storybooks, each prompting the child to create their own ending. - 30 colourful free-standing characters, six background scenes and a number of additional props. - Six mood-cards designed to support story-making. - *Therapeutic Story-Souvenirs* to remind the child of the story they have created. - Online guidelines for therapists provide prompts for using the stories and suggestions on how to use the resources. Separate guidelines for non-therapists are also provided"--

*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.

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

Chapters describe how clinicians can work with what is openly discussed, and how to ascertain less conscious events and motives. A powerful clinical tool that enhances cooperation between the client and therapist, the model delineated in this volume can be used in a wide variety of settings and is easily integrated with a range of orientations. Providing complete guidelines for its clinical use, *Self-Narratives* is an ideal resource for psychotherapists and counselors alike. Teachers or trainers who want to educate students in self-knowledge and self-reflection will find here an ideal method for stimulating these processes.

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 person' -and the concept of "re-remembering" 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.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

A comprehensive guide to understanding and using storytelling in therapy with kids and teens "George Burns is a highly experienced clinician with the remarkable ability to create, discover, and tell engaging stories that can teach us all the most important lessons in life. With *101 Healing Stories for Kids and Teens*, he strives especially to help kids and teens learn these life lessons early on, providing them opportunities for getting help and even learning to think preventively." -Michael D. Yapko, PhD | Author of *Breaking the Patterns of Depression and Hand-Me-Down Blues* "George Burns takes the reader on a wonderful journey, balancing metaphor, good therapeutic technique, and empirical foundations during the trip. Given that Burns utilizes all three aspects of the Confucian story referred to in the book—teaching, showing, and involving—readers should increase their understanding of how stories can be used therapeutically." -Richard G. Whiteside, MSW | Author of *The Art of Using and Losing Control* and *Working with Difficult Clients: A Practical Guide to Better Therapy* "A treasure trove for parents and for professionals in the child-development fields." -Jeffrey K. Zeig, PhD | Director, The Milton H. Erickson Foundation "Stories can play an important and potent role in therapy with children and adolescents—helping them develop the skills to cope with and survive a myriad of life situations. In many cases, stories provide the most effective means of communicating what kids and teens might not want to discuss directly. *101 Healing Stories for Kids and Teens* provides straightforward advice on using storytelling and metaphors in a variety of therapeutic settings. Ideal for all who work with young people, this unique resource can be combined with other inventive and evidence-based techniques such as play, art, music, and drama therapies as well as solution focused, hypnotic, and cognitive-behavioral approaches. Offering guidance for new clinicians and seasoned professionals, George Burns's latest work delivers a unique combination of information on incorporating storytelling in therapy, dozens of ready-made stories, and tips for creating original therapeutic stories. Innovative chapters include: \* Guidance for effective storytelling \* Using metaphors effectively \* Where to get ideas for healing stories \* Planning and presenting healing stories \* Teaching parents to use healing stories In addition, *101 Healing Stories for Kids and Teens* includes dozens of story ideas designed to address a variety of issues, such as: \* Enriching learning \* Teaching self-care \* Changing patterns of behavior \* Managing relationships, emotions, and life challenges \* Creating helpful thoughts \* Developing life skills and problem-solving techniques

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.

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 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.

The second edition of *Play Therapy Techniques* includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned "Color Your Life" technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, *Play Therapy Techniques, Second Edition*, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers, nurses, and child life specialists will find this second of *Play Therapy Techniques* informative and clinically useful.

Use of letter-writing in family therapy.

For difficult or challenging children and teenagers in therapeutic or school settings, creative activities can be an excellent way of increasing enjoyment and boosting motivation, making the sessions more rewarding and successful for everyone involved. This resource provides over one hundred tried-and-tested fun and imaginative therapeutic activities and ideas to unleash the creativity of children and

teenagers aged 5+. Employing a variety of expressive arts including art, music, stories, poetry and film, the activities are designed to teach social skills development, anger control strategies, conflict resolution and thinking skills. Also included are character education activities and ideas for conducting therapeutic day camps, including sample schedules and handouts. The activities can be used in many different settings with all ages, are flexible, and can be adapted for use with individuals or groups. Brimming with imaginative ideas, this resource will be invaluable to anyone working with children and teenagers, including school counselors, social workers, therapists, psychologists and teachers.

The Handbook of Therapeutic Storytelling enables people in the healing professions to utilise storytelling, pictures and metaphors as interventions to help their patients. Communicating in parallel worlds and using simple images and solutions can help to generate positive attitudes, which can then be nurtured and enhanced to great effect. Following an "Introduction" to the therapeutic use of stories, which closes with helpful "Instructions for use", the book is divided into two parts, both of which contain a series of easily accessible chapters. Part One includes stories with specific therapeutic applications linked to symptoms and situations. Part Two explains and investigates methods and offers a wide range of tools; these include trance inductions, adaptation hints, reframing, the use of metaphor and intervention techniques, how stories can be structured, and how to invent your own. The book also contains a detailed reference section with cross-referenced key words to help you find the story or tool that you need. With clear guidance on how stories can be applied to encourage positive change in people, groups and organisations, the Handbook of Therapeutic Storytelling is an essential resource for psychotherapists and other professions of health and social care in a range of different settings, as well as coaches, supervisors and management professionals.

Life story work is an approach designed to enable traumatized children to explore, question and understand the past events of their lives. It aims to secure their future by strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and a feeling of wellbeing. This new edited volume documents innovative ways in which life story work has been developed. It draws on the work of nine life story centres based around the world and provides understanding and guidance for those working with children who have experienced trauma. The book illustrates current theory and practice and looks at how the approach is being used in a variety of settings including schools, intensive services, youth justice, and post-adoption support, highlighting its versatility. The importance of trauma-informed practice when working with vulnerable children is emphasised throughout, to help practitioners provide the best for the children in their care.

This book addresses the challenges faced when children who refuse to talk, children who lack psychological mindedness, teens who experience a strong aversion to the influence of any adult, and children and teens who mask their woundedness by hostility or diffidence show up for therapy. This book does not push one therapeutical or theoretical approach over another but specifically describes useful tools that can be utilized within a wide range of approaches.

'A very interesting and unusual book...The central theme of stories for change is challenging and exciting and it offers a good deal of wisdom about working with stories and insights into the stories themselves' – Mary Medicott, storyteller, author of Shemi's Tall Tales and Cooking up a Story 'An illuminating account of the stories behind, within, above and below metaphors. The author's style is wonderfully engaging and flows beautifully from start to finish... This book will inspire anyone who works in therapeutic, creative, educational or business settings as well as being a joyful read to those who are fascinated by stories, fables and folklore. - Jaycee la Bouche, hypnotherapist, NLP confidence coach and children's relaxation teacher, Relax Kids "This is a source of fabulous ideas and insights on the art of storytelling I will dip into again and again. Thought provoking explanations and rich examples are underpinned with biological information all of which flow easily from Rob's huge experience and skill as a storyteller. It seems as if stories really are wound into our DNA.' – Andy Vass, psychotherapist, coach and author of Teaching with Influence and Coaching and Mentoring for Leaders The power of story in our lives is far from adequately understood in contemporary culture. Equally the therapeutic power of storytelling, how it can quite literally entrance and even heal, has been ignored until recently.

Transforming Tales reveals the true of impact of stories on our lives and how stories can create feelings of hope, take away psychological distress and even stimulate the immune system. Written by an experienced professional storyteller, this book contains over 90 short stories, from traditional fables to fascinating modern yarns, and allows readers to understand the hidden patterns storytellers use to captivate attention and learn how truths are often encapsulated in myths, jokes and fairy stories. The author focuses on the therapeutic value of stories and how they can instigate real change in people's lives. The book also reveals everything you need to know to create vibrant, memorable, original stories and short metaphors for yourself. This extraordinary journey into imagination and understanding will be an illuminating read for those professionally concerned with psychological and personal change and anyone who wants to learn more about the power and significance of stories.

This book offers a clear, easily adaptable model for understanding and working with cultural differences in therapy.

The potential for healing available in well-known myths and stories is increasingly recognized, but many practitioners are unsure how to tap into this rich and often culturally-specific source of insight. What sort of story is best for what sort of situation? How can it be introduced naturally into the session? What is the best way of using the story? These are some of the questions contributors to this book set out to answer. They explore the historical and cultural context of story-telling and provide examples of specific stories for specific situations. Covering emotional themes such as anger, anxiety, fear, shame, guilt, separation and bereavement, the authors show how they work through stories with many different kinds of client groups and individuals of all ages in educational, health and social science settings. The Therapeutic Use of Stories provides a sound theoretical framework for the use of stories, examples of stories with a high therapeutic value, and practical advice on how to use them to best effect.

Reviews the 15 most commonly used play therapy modalities. Play therapy is the treatment of choice for children because it allows children to express their troubles through a natural healing process. This book explains why play therapy works and how to deliver it in the most direct and efficient manner. Each chapter covers a different play therapy modality, including a description of the therapeutic benefits, core techniques, empirical support, and a case study. Fifteen modalities are covered in all: sand play, doll play, block play, drawing, bibliotherapy, storytelling, puppet play, guided imagery, drama, sensory play, clay play, music and movement, board games, electronic games, and virtual reality. Edited by two acknowledged leaders in the field of play therapy, Heidi Gerard Kaduson and Charles E. Schaefer, this volume was written for front line child therapists, including psychologists, counselors, social workers, and other health professionals; it will be an asset to any beginning child and play therapists as well as to experienced child clinicians who wish to expand their therapeutic tool kit.

The Therapeutic Use of Stories Routledge

This book is based on the power of stories to support children in all areas of their lives. It examines the role narratives can play in encouraging growth in contexts and domains such as personal and family identity, creative movement, memory and self-concept, social relationships, or developing a sense of humor. Each chapter describes innovative and research-based applications of narratives such as movement stories, visual narratives to develop historical thinking, multimodal storytelling, bibliotherapy, mathematics stories, family stories, and social narratives. The chapters elaborate on the strength of narratives in supporting the whole child in diverse contexts from young children on the autism spectrum improving their social skills at school, to four- and five-year-olds developing historical thinking, to children who are refugees or asylum-seekers dealing with uncertainty and loss. Written by accomplished teachers, researchers, specialists, teaching artists and teacher educators from several countries and backgrounds, the book fills a gap in the literature on narratives. "...this work delves into the topic of narratives in young children's lives with a breadth of topics and depth of study not found elsewhere."

“Collectively, the insights of the contributors build a convincing case for emphasizing story across the various disciplines and developmental domains of the early childhood years.” “The writing style is scholarly, yet accessible. Authors used a wide array of visual material to make their points clearer and show the reader what meaningful uses of story “look like”.” Mary Renck Jalongo, Journal and Book Series Editor Springer Indiana, PA, USA

Working with imaginative journeys and the mystery and magic of metaphor, the author has developed the art of therapeutic storytelling for children's challenging behaviour.

This accessible resource contains therapeutic stories and guidance for adults who are supporting young people aged 10–14 in foster, adoptive or kinship families. With a solution-focused approach, the stories are designed to address a range of social and emotional problems, covering topics such as bullying, eating disorders, trauma, parents' health, homophobia and racism. Each story is accompanied by relevant context and theory, discussion points and creative activities that will stimulate the young person's problem-solving skills and imagination, empowering them to explore solutions to situations in their own lives. Key features include: 35 therapeutic stories created to help young people make sense of their experiences, illustrating empathetic responses and solutions to social and emotional difficulties. Discussion points and related activities based on the author's extensive practical experience and knowledge. Practice guidelines and case studies to illustrate how the story-making approach can be used by therapists, adoptive parents, social workers and teachers. Photocopiable and downloadable resources. This book will enable foster, adoptive and kinship parents, social workers, therapists, teachers and other professionals to support the young people with whom they are working to resolve their dilemmas and enhance their self-esteem.

A concise guide to shaking things up in therapy. Courtney Armstrong's *The Therapeutic "Aha!"* explores the thrilling and rare moment when a client reaches an elusive realization, allowing them to make meaningful change. In 10 straightforward strategies, this practical book demonstrates how to shake things up in therapy when a client is stuck or stalled to jumpstart progress. Readers will learn how to spark the “emotional brain”—the part of the brain that houses automatic, unconscious patterns—and create new neural pathways that engage and advance the healing process. Divided into three parts—(1) *Awakening a Session*, (2) *Healing Emotional Wounds*, and (3) *Activating Experiential Change*—the book walks readers through specific techniques for harnessing the emotional brain and re-patterning its routine. Elegant therapeutic insights and coping strategies only go so far; until we intervene with something our emotional brain can understand—a compelling felt experience—old, established neural patterns will persist. The brain-based strategies Armstrong presents include how to enliven the therapeutic alliance; elicit exciting goals; identify the root of an emotional conflict; reverse trauma with memory reconsolidation; invoke inspirational imagery; and use stories, humor, music, poetry, and even mindfulness to induce change. Concise, reader-friendly, and filled with helpful case stories and client–therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.

*Clinical Applications of the Therapeutic Powers of Play* provides a way to link abstract theory with practice-based knowledge and vice versa, navigating the complexities of clinical reasoning associated with age-sensitive, and most often non-verbal psychotherapies. The book invites readers into the world of child psychotherapy and into the play therapy room. It equips them to explore, discover and identify the therapeutic powers of play in action, within traditional and nature-based therapeutic environments. Using embodiment-projective-role, it navigates the developmental stages linking play and the achievement of physical, emotional, and social identity. With captivating stories of hope and repair, the book deconstructs the therapy process to better understand how play facilitates communication, fosters emotional wellness, increases personal strengths, and enhances social relationships. This comprehensive text will help the therapist navigate through the world of child and adolescent psychotherapy and explain the therapeutic powers of play through relevant clinical case studies.

Literacy work can provide a therapeutic context in which to support children with emotional and behavioural difficulties in mainstream schools. This text provides a clear theoretical rationale for therapeutic storywriting.

“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 practical handbook begins with the philosophy and psychology underpinning the therapeutic value of story telling. It shows how to use story telling as a therapeutic tool with children and how to make an effective response when a child tells a story to you. It is an essential accompaniment to the "Helping Children with Feelings" series and covers issues such as: Why story telling is such a good way of helping children with their feelings? What resources you may need in a story-telling session? How to construct your own therapeutic story for a child? What to do when children tell stories to you? Things to do and say when working with a child's story.

With a strong emphasis on working in group settings, *Reflections on Therapeutic Storymaking* develops both the theory and practice of storymaking, enlivened by many examples from various cultures in which Alida Gersie has worked. The author reflects on the dynamics of the storytelling process and explores the common experiences and attitudes which emerge in story work. The book discusses a broad range of topics, including: - the various types of narrative and their uses - the impact of race, class and other factors on the group and group leader - the need to encourage tolerance for the expression of emotional range - the potential benefits of the group storytelling process. Extending the author's earlier work on the use of stories to bring about healing change, this book will enrich the practice of anyone engaged in therapeutic work in either a group or individual setting.

"There are few academics who write with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in REDIRECT - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, REDIRECT demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

An invitation to observe and learn the therapeutic art of storytelling Healing with Stories brings together a stellar collection of some of the world's most prominent practitioners, taking you inside their thinking and processes for working with metaphors. They represent the panorama of metaphor practice in psychotherapy today with considered, humorous, and compassionate case examples that step you through the intricacies for replicating their work in your own. This is a book for family therapists who work with children, adults, and families, as well as for hypnotherapists, cognitive behavioral therapists, narrative therapists, dynamic therapists, solution-focused therapists, and child therapists. In fact, all therapists who wish to communicate their therapeutic messages with the greatest effectiveness will find this book to be an essential and useful clinical tool. Contributors include: \* Richard Kopp \* Julie H. Linden \* Mikaela J. Hildebrandt \* Lindsay B. Fletcher \* Steven C. Hayes \* Michael D. Yapko \* Valerie E. Lewis \* Gregory Smit \* Joy Nel \* Christine Perry \* Joyce C. Mills \* Rubin Battino \* Carol A Hicks-Lankton \* Wendel A. Ray \* Jana P. Sutton \* Robert McNeilly \* Roxanna Erickson-Klein \* Angela Ebert \* Hasham Al Musawi \* Teresa Garcia-Sanchez \* George W. Burns Praise for Healing with Stories "George Burns has done an expert job of compiling a definitive work that demystifies the ever-versatile metaphor. Whether you are a novice or an expert clinician, you will find a treasury of story interventions along with the 'inside scoop' on how each was created and applied to bring success in nineteen unforgettable case chapters. Better yet, you'll be able to create your own healing metaphors thanks to the expert guidance of a wide range of talented storytellers. Don't miss out on this one!" --Maggie Phillips, PhD, author of Finding the Energy to Heal and coauthor of Healing the Divided Self "If you want to be inspired, entertained, and enlightened, Healing with Stories is the book to read. George Burns, a master storyteller, has assembled a creative, diverse group of clinicians to share their ideas about how metaphor can be used with a variety of problems and clients. The result is a fascinating array of insights into metaphor's role in the healing process." --Richard G. Whiteside, MSW, author of Becoming Dragon

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