

# Handbook of Narrative Psychotherapy for Children, Adults, and Families



THEORY AND PRACTICE

JAN OLTHOF



# Narrative And Psychotherapy

**Stanley Krippner, Michael Bova, Leslie  
Gray**



## **Narrative And Psychotherapy:**

*The Handbook of Narrative and Psychotherapy* Lynne E. Angus, John McLeod, 2004 As no other volume brings together original contributions in narrative and psychotherapy from practitioners researchers theoreticians from around the world the Handbook of Narrative and Psychotherapy should be purchased by libraries that support the education practice and research of professionals in the helping sciences E STREAMS This volume is an extremely valuable resource It tells the fascinating story of the centrality of storying in human lives and their counsel including the history of the narrative turn in psychology and the newest developments in theory and research I recommend it most highly Michael J Mahoney author of Human Change Processes and Constructive Psychotherapy The growing interest in constructivist approaches nontraditional approaches towards research and specifically narrative as an organizing concept makes it an extremely timely book The contributors look like a who's who in the area a well planned book with the right organization and the right people Jeremy Safran The New School for Social Research New York City Overall clinicians will find this book valuable because they will be introduced to different approaches to using narrative ideas in therapy with sufficient detail and case history material to make the ideas come alive Theoreticians will get sophisticated discussions of the nature of narrative as it relates to the nature of the person personality development and personality change And finally researchers will get state of the field knowledge of narrative research on therapy and narrative methods for doing research Overall this is an important and exciting book on a hot topic filled with new ideas sophisticated research and case examples If you wanted to know about this important development in the field of psychology in general and psychotherapy in particular this is the place to come Art Bohart Saybrook Graduate School With an excellent cast of characters both new and old Angus and McLeod's ambitious anthology of current thought on narrative and therapy bridges the generations of scholars and therapists within this tradition creating a lively community of the widely varying voices Narrative is a truly integrative element of psychotherapy applying with equal force to cognitive behavioral psychodynamic experiential and family systems approaches As such this book successfully lays out the newly emergent approach and points out new opportunities for integration at the levels of both theory and practice with implications that reach far beyond clinical assessment and treatment to the nature of self and culture This book maps the territory of narrative and psychotherapy for the next generation of therapeutic narratologists Robert Elliott Ph D University of Toledo The field of narrative informed therapy began nearly a decade ago and has now matured to the point where a significant reference work is both timely and appropriate The Handbook of Narrative and Psychotherapy is the first work to draw together theorists and practitioners representing a diverse range of approaches to describe and detail assessment and intervention strategies focusing on client story telling and story reconstruction to promote positive change in clients It aims to bring together multiple approaches to promote a dialogue among differing narrative traditions and synthesize a more integrated understanding of client story telling processes in psychotherapy The editors have achieved a

balance between practice applied research findings and background theory Psychotherapy practitioners and researchers in social work counseling nursing and psychiatry will find this handbook of immense value Faculty graduate students and librarians in clinical psychology counseling social work and psychiatry departments will also find this an ideal addition to their courses and collections No other volume brings together original contributions in narrative and psychotherapy from practitioners and researchers from around the world Key Features Contains an international who s who of contributing authors Highlights and integrates the various approaches and dimensions of narrative therapy including the contributions of narrative expression to psychotherapy practice theories of personality and self development and research strategies assessing narrative and client self change Includes therapy session examples and case materials that demonstrate narrative interventions in action Presents clear and consistent professional guidelines in each chapter      *Narrative and Psychotherapy* John McLeod,1997-11-14 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

Healing Stories Stanley Krippner,Michael Bova,Leslie Gray,2007 Stanley Krippner and his co editors Michael Bova and Leslie Gray have brought together a distinguished group of counselors and psychotherapists who have incorporated the use of story telling and personal mythology into their practices With an introduction by Susan Powers chapters have been penned by such well known clinicians as David Feinstein Susan Schwartz Corydon Hammond Alan E Stewart Arthur Frank Rachel Remen Robert Rosenbaum and Harold Ellis The approach to narrative ranges from personal mythology to action therapy to the use of drama and writing to the importance of narrative in promoting healing in deep illness and more Aimed at clinicians counselors psychotherapists and other helping professionals      **Narrative Inquiry and Psychotherapy** Jane Speedy,2017-09-16 Speedy provides a necessary introduction to the purposes possibilities and processes of narrative research methods in therapy practices Merging social science and arts based research methods makes this book ideal for therapy students and practitioners as well as those providing counselling in other related professional areas      *Narrative*

*Systems in Psychotherapy* Geoffrey Buckley, 2019-07-31 *Narrative Systems in Psychotherapy* An Integrative Approach to Individual Couple and Family Therapy provides students with innovative research and insight to support their counseling practice with individuals couples and families The book employs a narrative systems approach encouraging readers to view psychotherapeutic theories as a collection of useful stories about human nature human difficulties and possible means of treatment The book begins with an introduction to narrative systems theory emphasizing the idea that an individual's experiences and the personal narratives they construct from those experiences inform their perceptions beliefs thoughts and emotional imprinting Readers learn how to leverage this information to develop a shared therapeutic narrative with their clients and as a result create meaningful and effective treatment plans Dedicated chapters explore the principle tasks of therapy the nature of conflict in relationships the skills required for successful communication between couples family dynamics stressors and systems and more Prominent literature within the discipline is reviewed and referenced and real world examples are presented throughout to bridge theory with practice *Narrative Systems in Psychotherapy* is designed to support graduate level courses in theories and methods of marriage and family therapy Geoffrey Buckley Ph D has been a licensed marriage and family therapist for more than 30 years and has extensive experience treating individuals couples children adolescents and families He holds a Ph D in clinical psychology from Pacifica Graduate Institute a M S in marriage and family therapy from California Lutheran University and a M Div from Fuller Theological Seminary Dr Buckley has served as an adjunct professor in psychology and counseling at Pepperdine and California State University Northridge since 2001 and has also taught in the graduate psychology department of California Lutheran University Art Psychotherapy & Narrative Therapy: An Account of Practitioner Research Sheridan Linnell, 2010 This book is a personal political and philosophical exploration of doing both therapy and research an enquiry into how the process of therapy shapes the therapist as well as the client and how the researcher is shaped by her research A guiding theme is *Handbook of Narrative Psychotherapy for Children, Adults, and Families* Jan Olthof, 2018-05-08 The Handbook *Narrative Psychotherapy for Children Adults and Families* combines philosophical scientific and theoretical insights in the field of narrative psychotherapy and links them to sources of inspiration such as poetry film literature and art under the common denominator narrative thinking Sections on theoretical issues alternate with a large number of case histories drawn from different therapeutic contexts The reader can browse at will through the many examples of therapeutic sessions in some cases including literal transcriptions in which narrativity in all its forms is the point of departure What language does the body speak What messages do seemingly random slips of the tongue convey How can a painting help a client to find words for his or her story The discussion of the logic of abduction demonstrates the importance of metaphor and special attention is given to the processes of creating a therapeutic context and defining a therapeutic framework **Narrative Therapy** Stephen Madigan, 2011 *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

*Narrative Psychiatry* Bradley Lewis, 2011-03-01 Psychiatry has lagged behind many clinical specialties in recognizing the importance of narrative for understanding and effectively treating disease With this book Bradley Lewis makes the challenging and compelling case that psychiatrists need to promote the significance of narrative in their practice as well Narrative already holds a prominent place in psychiatry Patient stories are the foundation for diagnosis and the key to managing treatment and measuring its effectiveness Even so psychiatry has paid scant scholarly attention to the intrinsic value of patient stories Fortunately the study of narrative outside psychiatry has grown exponentially in recent years and it is now possible for psychiatry to make considerable advances in its appreciation of clinical stories Narrative Psychiatry picks up this intellectual opportunity and develops the tools of narrative for psychiatry Lewis explores the rise of narrative medicine and looks closely at recent narrative approaches to psychotherapy He uses philosophic and fictional writings such as Anton Chekhov's play *Ivanov* to develop key terms in narrative theory plot metaphor character point of view and to understand the interpretive dimensions of clinical work Finally Lewis brings this material back to psychiatric practice showing how narrative insights can be applied in psychiatric treatments including the use of psychiatric medications Nothing short of a call to rework the psychiatric profession Narrative Psychiatry advocates taking the inherently narrative centered patient psychiatrist relationship to its logical conclusion making the story a central aspect of treatment

**If Problems Talked** Jeffrey L. Zimmerman, Victoria C. Dickerson, 1996-08-29 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

*Narrative Practice: Continuing the Conversations* Michael White, Michael Kingsley White, 2011-04-04 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

*Maps of Narrative Practice* Michael White, 2024-01-09 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 *Maps of Narrative Practice* provides brand new practical and accessible accounts of the major areas of narrative practice that White has developed and taught over the years so that readers may feel confident when utilizing this approach in their practices The book covers each of the five main areas of narrative practice re authoring conversations remembering conversations scaffolding conversations definitional ceremony externalizing conversations and rite of passage maps to provide readers with an explanation of the practical implications for therapeutic growth of these conversations The book is filled with transcripts and commentary skills training exercises for the reader and charts that outline the conversations in diagrammatic form Readers both well versed in narrative therapy as well as those new to its concepts will find this fresh statement of purpose and practice essential to their clinical work

**So You Want to Do Narrative Therapy?** Sanni Paljakka, Tom Stone Carlson, 2024-11-07 *So You Want to Do Narrative Therapy* is an engaging and accessible introduction to contemporary narrative therapy practice

*Doing Narrative Therapy* Jill Freedman, Gene Combs, 1996-03-05 An overview of this branch of psychotherapy through an examination of the historical philosophical and ideological aspects as well as discussion of specific clinical practices and actual case studies Includes transcripts from therapeutic sessions The authors work in family therapy in Chicago Annotation copyright by Book News Inc Portland OR

*Narrative Systems in Psychotherapy* Geoffrey Buckley, 2019-10-15 *Narrative Systems in Psychotherapy* An Integrative Approach to Individual Couple and Family Therapy provides students with innovative research and insight to support their counseling practice with individuals couples and families The book employs a narrative systems approach encouraging readers to view psychotherapeutic theories as a collection of useful stories about human nature human difficulties and possible means of treatment The book begins with

*Narrative Psychology* Julia Vassilieva, 2016-04-28 This book provides the first comparative analysis of the three major streams of contemporary narrative psychology as they have been developed in North America Europe and Australia and New Zealand Interrogating the historical and cultural conditions in which this important movement in psychology has emerged the book presents clear well

structured comparisons and critique of the key theories of narrative psychology pioneered across the globe Examples include Dan McAdams in the US and his followers who have developed a distinctive approach to self and identity as a life story over the past two decades in the Netherlands by Hubert Hermans whose research on the dialogical self has made the University of Nijmegen a centre of narrative psychological research in Europe and in Australia and New Zealand where the collaborative efforts of Michael White and David Epston helped to launch the narrative movement in psychotherapy in the late 1980s

*The Narrative Journey* John R. Stillman, 2012-07-20 *The Narrative Journey An Illustrated Guide to Narrative Therapy Principles* uses a journey metaphor to take the reader through the experience of narrative therapy This guidebook was conceived when John Stillman was invited to train social workers who were practicing within a community working and living on a garbage dump in Kien Giang Vietnam It makes narrative principles accessible to people through illustration and story Each of the principles is woven into the metaphor of a journey and is beautifully illustrated with an image that gives the reader an experiential relationship with narrative principles Since training in Vietnam Mr Stillman has used this guidebook in narrative training sessions in the United States Korea Greece Turkey and France with wonderful results and feedback Narrative principles respect that people can determine what they want in life and keep their positions at the center of interactions Narrative therapy also allows individuals and communities to explore what is important in their daily lives and relationships The narrative principles laid out in this guidebook offer entry points to multiple conversations helping people make decisions that fit with their values hopes and dreams This guidebook is intended for therapists with varying levels of experience with narrative principles and can be used when working with individuals couples families and communities Because the journey metaphor and the illustrations are universal the guidebook will also be helpful in settings outside of therapy including pastoral care medicine human resources and organizational development Narrative principles can be used in these settings to develop rich conversations about people's values These discussions focus on actions that help people address problems and support what is important to them In addition this guidebook with the principles focus on identifying values hopes and dreams can be read to children or by adults as a way of creating new possibilities when interacting with the world It can also be used as a primer for Mr Stillman's book *Narrative Therapy Trauma Manual A Principle Based Approach* 2010 which describes the principles of narrative therapy in detail or as a precursor to reading Mr Stillman's upcoming book *Narrative Therapy Handbook Moving Narrative Principles into Practice* in press

*Narrative Therapy with Children and Their Families* Michael Kingsley White, Alice Morgan, 2006 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 Person in Narrative Therapy* M. Guilfoyle,2015-12-17 This book argues that narrative practice does not have a coherent formulation of personhood in the way one finds in other fields such as psychoanalysis and cognitive behavioural therapy It examines the post structural principles that underpin narrative practice which make available powerful conceptual tools for theorizing the person      **Introducing Narrative Psychology** Michele Crossley,2000-02-16 What is narrative psychology How is the experience of self linked to language narratives and other people What is the role of time morality power and control in the construction of identity This introductory textbook presents a coherent overview of the theory methodology and potential application of narrative psychological approaches It compares narrative psychology with other social constructionist approaches and argues that the experience of self only takes on meaning through specific linguistic historical and social structures The author shows how the choice of one narrative over another for example arising out of dominant narrative structures of power and control can have serious social and psychological implications for the construction of images of self responsibility blame and morality Theoretical approaches are introduced and an overview of methods is provided encouraging individuals to apply these theories to their own autobiographies Such theories are further illustrated with case study material drawing on physical illness HIV infection and childhood sexual abuse Each of these issues is examined in a way which demonstrates how different contemporary narratives and discourses are used to construct meaning and a sense of coherent identity in the face of traumatic events which break down temporal coherence and order Taken as a whole this book represents essential reading for students and researchers interested in narrative psychology

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