

Self-Narratives

The Construction of Meaning in Psychotherapy

Hubert J. M. Hermans

Els Hermans-Jansen

Selfnarratives The Construction Of Meaning In Psychotherapy

**Gary Kenyon, Ernst Bohlmeijer, William
L. Randall**



Selfnarratives The Construction Of Meaning In Psychotherapy:

Self-Narratives Hubert J. M. Hermans, Els Hermans-Jansen, 2001-06-01 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 **Narrative and Psychotherapy** John McLeod, 1997 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 thi **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

The Dialogical Self in Psychotherapy Hubert J.M.

Hermans, Giancarlo Dimaggio, 2004-08-26 This book gathers together psychotherapists from divergent origins to show why they think the concepts of dialogue and intersubjectivity need to be incorporated into the therapeutic process and to explore current thinking in the field

New Approaches to Integration in Psychotherapy Eleanor O'Leary, Mike Murphy, 2021-12-16 Psychotherapy is an area that has seen huge growth in prominence and practice The range of theoretical schools that have emerged means that practitioners are striving to amalgamate and synthesise new approaches and theories New Approaches to Integration in Psychotherapy provides a snapshot of the latest theoretical and clinical developments in the field of integration Eleanor O Leary and Mike Murphy bring together contributors from a range of theoretical backgrounds who present new frameworks theoretical integrations clinical developments and related research They critique existing research and provide a thorough overview of the historical development of the movement towards integration in

psychotherapy The book is divided into three sections covering the following subjects in depth Frameworks and Theoretical Integrations Professional and Clinical Integrations and Special Populations Issues for Professional Consideration This book will be welcomed by anyone interested in investigating integrative approaches to psychotherapy In particular it will have direct relevance to academics involved in training and research on psychotherapy psychotherapists counsellors and clinical psychologists

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 Oxford Handbook of Career Development Peter J. Robertson, Tristram Hooley, Phil McCash, 2021 Abstract The handbook seeks to provide a state of the art reference point for the field of career development It engages in a trans disciplinary and international dialogue that explores current ideas and debates from a variety of viewpoints including socio economic political educational and social justice perspectives Career development is broadly defined to encompass both individuals experience of their own careers and the full range of support services for career planning and transitions The handbook is divided into three sections The first section explores the economic educational and public policy contexts within which careers are enacted The second section explores the rich conceptual landscape of career theory The third section addresses the broad spectrum of helping practices to support both individuals and groups including career guidance career counseling and career learning interventions Keywords Career career development career counseling career guidance career learning career theory public policy social justice

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 Personal Construct Psychotherapy David A. Winter, Linda Viney, 2008-09-15 In the half century that has passed since George Kelly put forward his psychology of personal constructs there have been major advances in the form of psychotherapy derived from his theory This book presents developments in the personal construct theory perspective on psychological disorders and their treatment in the context of contemporary issues in psychotherapy illustrates the diverse range of personal construct psychotherapy approaches that have been devised for a wide range of clinical problems and indicates the growing evidence base for these approaches It contains contributions from most of the leading international practitioners in the field It will not only be of interest to psychotherapists other clinicians academics and students who are already familiar with personal construct theory or constructivism but also to those who are seeking a therapeutic approach which is integrative but has a clear theoretical rationale and which is able to combine humanism with rigour *Introducción a las psicoterapias psicodinámicas, experienciales, sistémicas, constructivistas e integradoras* Begoña Rojí Menchaca, Luis Ángel Saúl Gutiérrez, 2023-06-09 *Introducción a las Psicoterapias Psicodinámicas Experienciales Sistémicas Constructivistas e Integradoras* recoge los contenidos teóricos del segundo cuatrimestre de la asignatura *Introducción a los Tratamientos Psicodinámicos Experienciales Sistémicos Constructivistas e Integradores* materia opcional de la especialidad de Psicología Clínica del grado en Psicología ofrecido por la UNED En consecuencia el libro ha sido elaborado con las pautas metodológicas habituales en los textos básicos de esta universidad ya que su objetivo no es otro que proporcionar a sus alumnos una formación significativa y rigurosa en los temas que aborda Por ello este libro constituye un expositor contextualizado y crítico de contenidos que la producción editorial presenta habitualmente de manera desmembrada En definitiva este libro constituye un manual para obtener una visión de conjunto de los ámbitos psicoterapéuticos ajenos a la intervención cognitivo conductual V LIDO A PARTIR CURSO 23 24

Dynamic Process Methodology in the Social and Developmental Sciences Jaan Valsiner, Peter C. M.

Molenaar, Maria C.D.P. Lyra, Nandita Chaudhary, 2009-07-09 All psychological processes like biological and social ones are dynamic Phenomena of nature society and the human psyche are context bound constantly changing and variable This feature of reality is often not recognized in the social sciences where we operate with averaged data and with homogeneous stereotypes and consider our consistency to be the cornerstone of rational being Yet we are all inconsistent in our actions within a day or from one day to the next and much of such inconsistency is of positive value for our survival and development Our inconsistent behaviors and thoughts may appear chaotic yet there is generality within this highly variable dynamic The task of scientific methodologies qualitative and quantitative is to find out what that generality is It is the aim of this handbook to bring into one framework various directions of construction of methodology of the dynamic processes that exist in the social sciences at the beginning of the 21st century This handbook is set up to bring together pertinent methodological scholarship from all over the world and equally from the quantitative and qualitative orientations to methodology In addition

to consolidating the pertinent knowledge base for the purposes of its further growth this book serves the major educational role of bringing practitioners students researchers and professionals interested in applications the state of the art know how about how to think about extracting evidence from single cases and about the formal mathematical statistical tools to use for these purposes

Culture, Psychotherapy, and Counseling Lisa Tsoi Hoshmand, 2006 Written by the core faculty of the Hebrew program at Brandeis University the pilot edition of Brandeis Modern Hebrew Intermediate to Advanced serves as a sequel to the well known volume for beginners It contains the functional and contextual elements to bring users Hebrew language proficiency to the intermediate level and introduce students to skills they need to become advanced in their use of the language This volume reflects key principles of the Brandeis University Hebrew curriculum These include Placing emphasis on the learner's ability to use Hebrew in four skill areas listening reading speaking and writing Contextualizing each unit within a specific subject or theme Exposing the student to authentic materials and exploring aspects of Israeli and Jewish culture through language drills and reading passages

Handbook of Narrative Inquiry D. Jean Clandinin, 2006-12-28 Composed by international researchers the Handbook of Narrative Inquiry Mapping a Methodology is the first comprehensive and interdisciplinary overview of the developing methodology of narrative inquiry The Handbook outlines the historical development and philosophical underpinnings of narrative inquiry as well as describes different forms of narrative inquiry This one of a kind volume offers an emerging map of the field and encourages further dialogue discussion and experimentation as the field continues to develop Key Features Offers coverage of various disciplines and viewpoints from around the world Leading international contributors draw upon narrative inquiry as conceptualized in Anthropology Sociology Psychology and Philosophy Illustrates the range of forms of narrative inquiry Both conceptual and practical in depth descriptions of narrative inquiry are presented Portrays how narrative inquiry is used in research in different professional fields Particular attention is paid to representational issues ethical issues and some of the complexities of narrative inquiry with indigenous and cross cultural participants as well as child participants Intended Audience The Handbook of Narrative Inquiry is a must have resource for narrative methodologists and students of narrative inquiry across the social sciences Individuals in the fields of Nursing Psychology Anthropology Education Social Work Sociology Organizational Studies and Health research will be particularly well served by this masterful work

Emerging Methods in Psychology Seth Sargan, 2017-09-08 The motivation for this volume in the History and Theory of Psychology series is to look across sub disciplines within psychology and highlight instances where researchers transcended the tendency to think about methodology along traditional lines Contributors have located examples of researchers who built upon existing ideas to create methods true to their interests and theoretical convictions Emerging Methods in Psychology shows how a discipline creates new methods and carves out possibilities that not only generate data but also advance knowledge of human psychological functioning It concentrates on showcasing the possibilities that exist when the researcher focuses on the

relationship between theory method and data The question of what kind of expertise is required is a key issue This is particularly the case in psychology where the tradition of standardizing methods over the last century has served to stabilize research questions Knowledge creation is deeply affective and ambiguous rather than the secure accumulation of data by a socially legitimized procedure This innovative volume moves beyond psychology as social engineering into new varieties of social knowledge

Narrative Development Michael Bamberg, 2012-11-12 Growing out of an International Society of the Study of Behavioral Development sponsored symposium this book discusses the basic assumptions that led the contributors to conduct research in the field of narrative development This collection gathers their research reflections and varying approaches to narrative and its development It illustrates each type of approach and highlights their respective motives The book presents some of the basic motivating assumptions of each approach and provides insight into what holds each set of assumptions together potentially transforming them into actions This book will serve as an excellent text for courses emphasizing multiple approaches to the study of narrative The editor has organized this volume in accordance with the six main points of the symposium Specification of the Domain how narratives are defined in terms of textual structures knowledge thereof interactive moves sociocultural conventions and the like The Individual s Involvement in the Developmental Process the relationship between some internal or external forces and the organism s own active participation in the developmental process The Course of Development if it is continuous or discontinuous whether it proceeds in an additive fashion or whether regressive phases occur and what changes at different points in the developmental process signify The Goal of Development the implicit notion of a telos a target or end point that needs to occur in the developmental process Mechanisms of Development the forces and or conditions that both instigate the developmental process and keep it moving toward its telos Methodology where and how to look in the establishment of a developmental framework This book is an indispensable text in the fields of narrative and or discourse linguistics language studies psychology and education in general

Constructivist Psychotherapy Robert A. Neimeyer, 2009-01-30 Constructivist psychotherapy focuses on the meaning that clients attribute to their world and the way that this shapes their life and contributes to their difficulties In this book Robert A Neimeyer a leading figure in the field provides a clear and accessible explanation of the key features of this approach Constructivist Psychotherapy Distinctive Features concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives Divided into two sections Theory and Practice this straightforward book is illustrated throughout with case material and recent research findings Neimeyer provides us with a fresh perspective on familiar material together with a clear concise introduction to material that the reader may be less familiar with making this book a valuable text for professionals in training as well as a source of new ideas for practising therapists of constructivist psychotherapy

Between Dreaming and Recognition Seeking Hubert J. M. Hermans, 2012-07-13 How can an internationally recognized theory contribute towards the enrichment of your own life In

Between Dreaming and Recognition Seeking Hubert J M Hermans the creator of Dialogical Self Theory applies this theory to his own life and explains how readers can do the same He describes several destabilizing events from throughout his lifetime and investigates how they changed his own self Hermans discusses such events as the breakdown of his self esteem at school the experience of falling in love as a revolution in his self the experience of paradise lost and the tensions from living in the border zone of a traditional modern and post modern self Through a series of thought provoking questions Hermans invites readers to explore the long term meaning of significant events in their own lives Between Dreaming and Recognition Seeking provides an accessible way to learn about Dialogical Self Theory and how it can be used for one s self development

Dialogical Self Theory Hubert Hermans, Agnieszka Hermans-Konopka, 2010-04-22 In a boundary crossing and globalizing world the personal and social positions in self and identity become increasingly dense heterogeneous and even conflicting In this handbook scholars of different disciplines nations and cultures East and West bring together their views and applications of dialogical self theory in such a way that deeper commonalities are brought to the surface As a bridging theory dialogical self theory reveals unexpected links between a broad variety of phenomena such as self and identity problems in education and psychotherapy multicultural identities child rearing practices adult development consumer behaviour the use of the internet and the value of silence Researchers and practitioners present different methods of investigation both qualitative and quantitative and also highlight applications of dialogical self theory Storying Later Life Gary Kenyon, Ernst Bohlmeijer, William L. Randall, 2010-12-20 In its brief but vigorous history gerontology has spawned a broadening range of specializations One of the newest of such specializations is narrative gerontology so named for its emphasis on the biographical or inside dimensions of the experience of aging Telling stories about our world our relationships and ourselves is fundamental to how we make meaning Everything from our history to our religion and our memories to our emotions is linked to the tales we tell ourselves and others about where we have come from and where we are going They are central to who we are The biographical side of human life is every bit as critical to fathom as the biological side if we seek a more balanced positive and optimistic perspective on what aging is about if we would honor the dignity and complexity the humanity and uniqueness of the lives of older persons no matter what their health or economic standing In this respect a narrative approach is particularly suited to the exploration of such topics as meaning spirituality and wisdom and the connections they share This volume reflects a selection of new directions and insights and constitutes a general broadening and deepening of narrative gerontology exploring its implications for theory and research in the field of aging and for the quality of life of older adults themselves Such deepening indicates a greater refinement of thought method and intervention The evolution of narrative gerontology is also evidenced by a significant increase in the number of faculty and graduate students engaged in research in this area as well as by increasing collaboration among researchers practitioners and administrators in applying narrative insights to contexts such as long term care indeed healthcare in general These initiatives

have given rise to the phrase narrative care as core care *Feminist Reconstructions in Psychology* Mary Gergen, 2000-10-03 *Feminist Reconstructions in Psychology* introduces a distinctive new mode of doing psychology This psychology is based on an increasingly popular range of ideas called social constructionism Within the book new forms of theory and methods of inquiry relating social constructionism to feminist topics are introduced Each chapter highlights different topics of special concern within gender studies especially the psychology of women The first chapter outlines the purposes of the book and positions social constructionism in relation to the more traditional feminist psychologies empiricist and feminist standpoint Given the trend toward social constructionism the author thinks the broad audience of people doing gender work will be interested in becoming familiar with this approach to the field The second and third chapters are focused on narrative methods as a means for studying gender differences in popular autobiographies The discussions center on differences in stories of achievement family love and embodiment Quotations from well known personalities such as Donald Trump and Martina Navratilova enrich the text The fourth fifth and sixth chapters involve issues of menopause with a focus group methodology a historical look at the male gaze as it is poised on the *Naked Maja* painting by Goya and how relationships function within imaginal conversations The two final chapters in the book are exemplars of a recent innovation in the field called performative psychology One monologue is about aging in contemporary society and the other is a feminist critique of aspects of postmodernism itself The book draws from the central tenets of postmodern inquiry as played out in the positive framework of social constructionism Emphasized are reflexivity the social basis of reality making the breakdown of traditional narrative forms the loss of objectivity as a scientific standard and the possibilities for new forms of doing research In this respect the book is unique and serves to provide a point of view on an intriguing movement that is gaining momentum across the social sciences and humanities It is hoped that this book might serve as a catalyst for further innovative work in psychology This text encourages such moves by its own irreverence for traditions and its overt efforts to break down resistances to creativity in the field

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