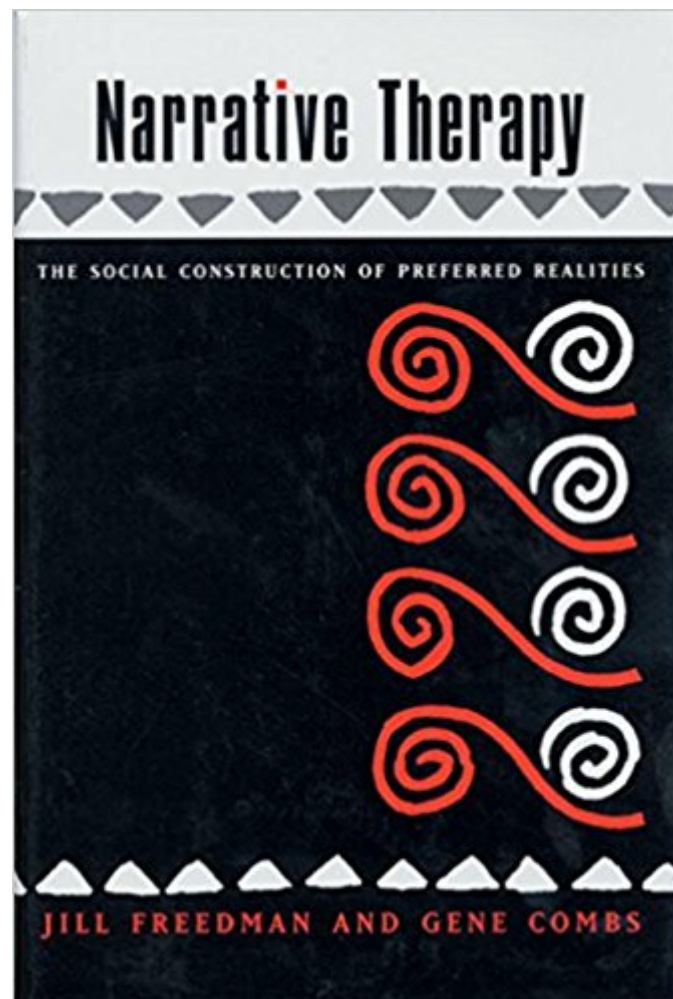




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# Narrative Therapy: The Social Construction Of Preferred Realities



## Synopsis

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.

## Book Information

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## Customer Reviews

This book describes the clinical application of the growing body of ideas and practices that has come to be known as narrative therapy. The primary focus is on the ways of working that have arisen among therapists who, inspired by the pioneering efforts of Michael White and David Epston, have organized their thinking around two metaphors: narrative and social construction. The authors are as concerned with attitude as with technique. Believing that a solid grounding in the worldview from which narrative practices spring is essential, they begin with an overview of the historical, philosophical, and ideological aspects of the narrative/social constructionist perspective. This involves also telling the story of their own development as particular therapists in a particular part of the world during a particular historical period. The heart of the book is devoted to specific clinical practices: locating problems in their sociocultural context, opening space for alternative stories, developing stories, questioning, reflecting, thickening plots, and spreading the news. Each practice is described, located in relation to the ideas and attitudes that support it, and illustrated with clinical examples. In addition to conversations with people illustrating particular practices, three transcripts

are included to show the subtle use of questions to develop alternative, preferred realities. Drawing upon the thinking of White and Epston, Karl Tomm, and others, the final chapter looks at the ethics of relationship that guide narrative therapists in the use of specific practices.

Simply the best in its arena of expertise: narrative practices, social construction, and post-modern considerations.

This book is still the most cogent and readable introduction to Narrative Therapy. Narrative Therapy is infamously difficult to explain, but these authors have managed it with clarity and simplicity. The example transcripts and therapy descriptions are particularly helpful for learning both how to think about therapy and what to say in that conversation.

Gene and Jill, both authors are experts in the USA on Narrative Therapy. This is a the best intro books to Narrative Therapy and they are great teachers in USA. Also, try Michael White books, and his training center in Australia, Dulwich Centre, South Australia.

The book was in great condition and is very informative about the strategies and concepts of Narrative Therapy. This was a required book for a class and I found it very straight forward.

I needed it for a psychology course and so far, it is a very informative read. I would recommend this book to anyone looking for a retro, 20th century perspective on the psychiatrist contemplating their effective conduct toward a patient and vice versa.

The best book about narrative therapy.

This is a really great resource for learning about the theoretical assumptions behind narrative therapy and how to start practicing narrative techniques. Freedman and Combs do an excellent job of bringing the material to the reader in a collaborative, non-pedantic way - perfect for the post-modern, narrative viewpoint that they are conveying. I recommend this book to anyone who is interested in learning ways of connecting in a more personal and real way with their clients' life stories and personalities. Great book!

Even though is not a very easy book to read, specially if people are more familiar with other

approaches, reading it wanting to learn something different, has very good ideas and explains how and why they do things the way they do. Is good to start learning a new approach that is non blaming, and more helpful, i think.

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