# TECHNIQUES OF NARRATIVE THERAPY

1

# PUTTING TOGETHER THE NARRATIVE

Allows the client to express their thoughts and explore events in their lives and the meanings they have placed on these experiences.

2

## EXTERNALIZING THE PROBLEM

Leading clients towards viewing their problems or behaviors as external instead of an unchangeable part of themselves - they realize they themselves are not the problem.

3

### DECONSTRUCTION

Working with the client to break down or deconstruct their stories into smaller, more manageable parts to clarify the problem.

4

## UNIQUE OUTCOMES

This refer to the exceptions to the dominant story. Also known as 're-authoring' or 're-storying,' clients go through their experiences to find alterations to their story or make a whole new one.

# **Narrative Group Therapy Activities**

**Emilie Sanchez** 

**Narrative Group Therapy Activities:** 

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Narrative Group Therapy Activities**. This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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