

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 refers 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

Arlene Vetere, Emilia Dowling



Narrative Group Therapy Activities:

Decoding **Narrative Group Therapy Activities**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Narrative Group Therapy Activities**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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