



Narrative Therapy (Theories of Psychotherapy)

Stephen Madigan

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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.

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