

NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES

NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES IS AN INNOVATIVE THERAPEUTIC APPROACH THAT EMPHASIZES THE ROLE OF STORYTELLING AND LANGUAGE IN SHAPING AN INDIVIDUAL'S IDENTITY AND EXPERIENCES. ROOTED IN SOCIAL CONSTRUCTIONISM, THIS METHOD ENCOURAGES CLIENTS TO RE-AUTHOR THEIR PERSONAL NARRATIVES, THEREBY CONSTRUCTING PREFERRED REALITIES THAT ALIGN WITH THEIR VALUES AND ASPIRATIONS. THIS ARTICLE EXPLORES THE FUNDAMENTAL PRINCIPLES OF NARRATIVE THERAPY, ITS CONNECTION TO THE SOCIAL CONSTRUCTION OF MEANING, AND HOW IT FACILITATES THE DEVELOPMENT OF EMPOWERING SELF-NARRATIVES. ADDITIONALLY, IT EXAMINES PRACTICAL APPLICATIONS, KEY TECHNIQUES, AND THE BROADER IMPLICATIONS OF NARRATIVE THERAPY IN MENTAL HEALTH AND SOCIAL CONTEXTS. UNDERSTANDING THE TRANSFORMATIVE POTENTIAL OF NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES OFFERS VALUABLE INSIGHTS FOR CLINICIANS, RESEARCHERS, AND INDIVIDUALS SEEKING PERSONAL GROWTH.

- UNDERSTANDING NARRATIVE THERAPY AND ITS FOUNDATIONS
- THE ROLE OF SOCIAL CONSTRUCTIONISM IN NARRATIVE THERAPY
- CONSTRUCTING PREFERRED REALITIES THROUGH NARRATIVE PRACTICES
- TECHNIQUES AND STRATEGIES IN NARRATIVE THERAPY
- APPLICATIONS AND IMPLICATIONS OF NARRATIVE THERAPY

UNDERSTANDING NARRATIVE THERAPY AND ITS FOUNDATIONS

NARRATIVE THERAPY IS A COUNSELING APPROACH THAT CENTERS ON THE STORIES INDIVIDUALS TELL ABOUT THEIR LIVES. DEVELOPED IN THE 1980S BY MICHAEL WHITE AND DAVID EPSTON, THIS THERAPEUTIC MODEL CHALLENGES THE IDEA THAT PROBLEMS RESIDE WITHIN THE INDIVIDUAL. INSTEAD, IT VIEWS PROBLEMS AS SEPARATE ENTITIES THAT INFLUENCE PEOPLE'S LIVES. NARRATIVE THERAPY ENCOURAGES CLIENTS TO EXTERNALIZE THEIR ISSUES, ENABLING THEM TO EXAMINE AND REFRAME THEIR EXPERIENCES IN WAYS THAT PROMOTE HEALING AND GROWTH.

AT ITS CORE, NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES INVOLVES UNDERSTANDING HOW LANGUAGE SHAPES IDENTITY. IT POSITS THAT INDIVIDUALS CONSTRUCT MEANING THROUGH NARRATIVES, WHICH ARE INHERENTLY INFLUENCED BY CULTURAL, SOCIETAL, AND RELATIONAL CONTEXTS. BY ENGAGING WITH THESE NARRATIVES, THERAPY FACILITATES A SHIFT FROM PROBLEM-SATURATED STORIES TO ALTERNATIVE ACCOUNTS THAT REFLECT CLIENTS' STRENGTHS AND PREFERRED WAYS OF BEING.

HISTORICAL CONTEXT AND DEVELOPMENT

THE EMERGENCE OF NARRATIVE THERAPY COINCIDED WITH BROADER DEVELOPMENTS IN POSTMODERN PSYCHOLOGY AND SOCIAL CONSTRUCTIONISM. IT DEPARTED FROM TRADITIONAL, PATHOLOGY-FOCUSED MODELS BY EMPHASIZING COLLABORATION AND THE CO-CREATION OF MEANING BETWEEN THERAPIST AND CLIENT. THIS APPROACH REFLECTS A MOVE AWAY FROM DIAGNOSTIC LABELS TOWARD A MORE FLUID UNDERSTANDING OF IDENTITY AS SHAPED BY DISCOURSE AND INTERACTION.

CORE PRINCIPLES OF NARRATIVE THERAPY

THE FOUNDATION OF NARRATIVE THERAPY INCLUDES SEVERAL KEY PRINCIPLES:

- **EXTERNALIZATION:** SEPARATING THE PERSON FROM THE PROBLEM.

- **DECONSTRUCTION:** EXAMINING AND QUESTIONING DOMINANT NARRATIVES.
- **UNIQUE OUTCOMES:** HIGHLIGHTING EXCEPTIONS TO PROBLEM-SATURATED STORIES.
- **RE-AUTHORING:** DEVELOPING ALTERNATIVE, EMPOWERING NARRATIVES.
- **COLLABORATION:** THERAPIST AND CLIENT WORK TOGETHER AS EQUALS.

THE ROLE OF SOCIAL CONSTRUCTIONISM IN NARRATIVE THERAPY

SOCIAL CONSTRUCTIONISM PROVIDES THE THEORETICAL FRAMEWORK UNDERPINNING NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES. THIS PERSPECTIVE ARGUES THAT KNOWLEDGE, MEANING, AND IDENTITY ARE NOT FIXED OR INHERENT BUT ARE CREATED THROUGH SOCIAL PROCESSES, LANGUAGE, AND CULTURAL PRACTICES. IT SUGGESTS THAT REALITY IS SUBJECTIVE AND CONSTRUCTED THROUGH INTERACTIONS AND SHARED UNDERSTANDINGS.

WITHIN THIS PARADIGM, NARRATIVE THERAPY EMPHASIZES HOW DOMINANT CULTURAL STORIES CAN SHAPE AND CONSTRAIN INDIVIDUAL IDENTITIES. THESE SOCIETAL NARRATIVES OFTEN REFLECT POWER STRUCTURES AND CAN MARGINALIZE OR SILENCE ALTERNATIVE VOICES. BY IDENTIFYING AND CHALLENGING THESE DOMINANT DISCOURSES, NARRATIVE THERAPY ENABLES CLIENTS TO RECONSTRUCT THEIR REALITIES IN WAYS THAT AFFIRM THEIR EXPERIENCES AND VALUES.

LANGUAGE AS A TOOL FOR CONSTRUCTING REALITY

LANGUAGE IS CENTRAL TO SOCIAL CONSTRUCTIONISM AND NARRATIVE THERAPY. IT IS THROUGH LANGUAGE THAT INDIVIDUALS MAKE SENSE OF THEIR EXPERIENCES AND EXPRESS THEIR IDENTITIES. THE STORIES PEOPLE TELL ARE SHAPED BY CULTURAL NORMS, SOCIAL EXPECTATIONS, AND INTERPERSONAL RELATIONSHIPS. NARRATIVE THERAPY USES LANGUAGE DELIBERATELY TO OPEN UP NEW POSSIBILITIES AND MEANINGS, FOSTERING A SHIFT TOWARD PREFERRED REALITIES.

INFLUENCE OF CULTURE AND SOCIETY

CULTURE AND SOCIAL CONTEXT HEAVILY INFLUENCE THE NARRATIVES AVAILABLE TO INDIVIDUALS. SOCIAL CONSTRUCTIONISM HIGHLIGHTS THAT DOMINANT CULTURAL NARRATIVES CAN PERPETUATE STEREOTYPES, STIGMA, AND OPPRESSION. NARRATIVE THERAPY SEEKS TO UNCOVER THESE INFLUENCES AND EMPOWER CLIENTS TO CHALLENGE AND REDEFINE THESE NARRATIVES IN WAYS THAT PROMOTE AGENCY AND SELF-DETERMINATION.

CONSTRUCTING PREFERRED REALITIES THROUGH NARRATIVE PRACTICES

CONSTRUCTING PREFERRED REALITIES INVOLVES THE INTENTIONAL RESHAPING OF PERSONAL NARRATIVES TO REFLECT MORE DESIRABLE AND EMPOWERING VERSIONS OF THE SELF. NARRATIVE THERAPY FACILITATES THIS PROCESS BY HELPING CLIENTS IDENTIFY PROBLEM-SATURATED STORIES AND EXPLORE ALTERNATIVE NARRATIVES THAT BETTER REPRESENT THEIR VALUES, HOPES, AND STRENGTHS.

THIS PROCESS IS COLLABORATIVE AND REFLECTIVE, WHEREIN CLIENTS ACTIVELY PARTICIPATE IN REWRITING THEIR LIFE STORIES. THE CONSTRUCTION OF PREFERRED REALITIES IS NOT ABOUT DENYING DIFFICULTIES BUT ABOUT REINTERPRETING THEM IN A WAY THAT REDUCES THEIR NEGATIVE IMPACT AND ENHANCES RESILIENCE.

EXTERNALIZATION AND ITS IMPACT

EXTERNALIZATION IS A KEY NARRATIVE THERAPY TECHNIQUE THAT ENABLES CLIENTS TO VIEW PROBLEMS AS SEPARATE FROM THEMSELVES. THIS SEPARATION ALLOWS FOR GREATER OBJECTIVITY AND REDUCES SELF-BLAME. CLIENTS CAN THEN ENGAGE IN DIALOGUE ABOUT THE PROBLEM'S INFLUENCE WITHOUT INTERNALIZING IT AS AN INHERENT TRAIT.

EXPLORING UNIQUE OUTCOMES

UNIQUE OUTCOMES ARE MOMENTS OR EVENTS WHERE THE CLIENT'S EXPERIENCE DIVERGES FROM THE PROBLEM-SATURATED NARRATIVE. IDENTIFYING THESE EXCEPTIONS HELPS CLIENTS RECOGNIZE THEIR CAPABILITIES AND RESOURCES, CONTRIBUTING TO THE CREATION OF PREFERRED REALITIES. THESE MOMENTS BECOME THE FOUNDATION FOR ALTERNATIVE STORIES THAT SUPPORT POSITIVE IDENTITY DEVELOPMENT.

RE-AUTHORING LIFE STORIES

RE-AUTHORING INVOLVES ACTIVELY CONSTRUCTING NEW NARRATIVES THAT REFLECT THE CLIENT'S PREFERRED REALITIES. THIS PROCESS INCORPORATES STRENGTHS, VALUES, AND ASPIRATIONS, ALLOWING CLIENTS TO ENVISION AND INHABIT NEW IDENTITIES. RE-AUTHORING IS A DYNAMIC AND ONGOING PROCESS THAT CAN TRANSFORM THE CLIENT'S RELATIONSHIP WITH THEIR PAST, PRESENT, AND FUTURE.

TECHNIQUES AND STRATEGIES IN NARRATIVE THERAPY

THE PRACTICE OF NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES EMPLOYS A RANGE OF TECHNIQUES DESIGNED TO FACILITATE NARRATIVE EXPLORATION AND TRANSFORMATION. THESE STRATEGIES AIM TO EMPOWER CLIENTS TO BECOME AUTHORS OF THEIR OWN STORIES AND TO CHALLENGE LIMITING CULTURAL AND SOCIAL NARRATIVES.

MAPPING THE INFLUENCE OF THE PROBLEM

THIS TECHNIQUE INVOLVES EXPLORING HOW THE PROBLEM AFFECTS DIFFERENT AREAS OF THE CLIENT'S LIFE, RELATIONSHIPS, AND SENSE OF SELF. BY MAPPING THE PROBLEM'S INFLUENCE, CLIENTS GAIN CLARITY ABOUT ITS IMPACT AND CAN STRATEGIZE WAYS TO REDUCE ITS DOMINANCE.

LETTER WRITING AND DOCUMENTATION

THERAPISTS OFTEN ENCOURAGE CLIENTS TO WRITE LETTERS OR DOCUMENTS THAT ARTICULATE THEIR NEW NARRATIVES OR RESPONSES TO PROBLEMS. THIS PRACTICE HELPS SOLIDIFY ALTERNATIVE STORIES AND CAN SERVE AS A TANGIBLE REMINDER OF PROGRESS AND PREFERRED REALITIES.

THICKENING THE PLOT

THICKENING THE PLOT REFERS TO THE PROCESS OF ELABORATING ON ALTERNATIVE NARRATIVES BY ADDING DETAILS, EMOTIONS, AND CONTEXTS THAT REINFORCE THE PREFERRED STORY. THIS TECHNIQUE STRENGTHENS THE NEW NARRATIVE'S PRESENCE AND CREDIBILITY IN THE CLIENT'S LIFE.

COMMUNITY AND AUDIENCE INVOLVEMENT

ENGAGING SIGNIFICANT OTHERS OR COMMUNITY MEMBERS AS AN AUDIENCE FOR THE CLIENT'S RE-AUTHORED NARRATIVE CAN VALIDATE AND SUPPORT THE PREFERRED REALITIES. THIS SOCIAL ACKNOWLEDGMENT CAN ENHANCE THE DURABILITY AND IMPACT OF THE NEW STORY.

APPLICATIONS AND IMPLICATIONS OF NARRATIVE THERAPY

NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES HAS BEEN APPLIED IN A VARIETY OF CLINICAL AND SOCIAL SETTINGS, DEMONSTRATING VERSATILITY AND EFFECTIVENESS. ITS EMPHASIS ON LANGUAGE, CULTURE, AND POWER

MAKES IT PARTICULARLY SUITED FOR ADDRESSING COMPLEX ISSUES RELATED TO IDENTITY, TRAUMA, AND SOCIAL MARGINALIZATION.

THE APPROACH IS USED IN INDIVIDUAL THERAPY, FAMILY COUNSELING, COMMUNITY WORK, AND EDUCATION. IT SUPPORTS CLIENTS DEALING WITH DEPRESSION, ANXIETY, ADDICTION, AND RELATIONSHIP DIFFICULTIES BY FOSTERING EMPOWERMENT AND RESILIENCE.

BENEFITS OF NARRATIVE THERAPY

- PROMOTES CLIENT AGENCY AND EMPOWERMENT.
- ENCOURAGES CRITICAL REFLECTION ON CULTURAL AND SOCIAL INFLUENCES.
- FACILITATES THE DEVELOPMENT OF POSITIVE IDENTITY NARRATIVES.
- REDUCES STIGMA THROUGH EXTERNALIZATION OF PROBLEMS.
- SUPPORTS SUSTAINABLE CHANGE BY ALIGNING WITH CLIENT VALUES.

CHALLENGES AND CONSIDERATIONS

WHILE NARRATIVE THERAPY OFFERS MANY ADVANTAGES, IT ALSO PRESENTS CHALLENGES SUCH AS THE NEED FOR SKILLED FACILITATION AND CULTURAL SENSITIVITY. THERAPISTS MUST BE ADEPT AT NAVIGATING DIVERSE NARRATIVES AND POWER DYNAMICS TO ENSURE THAT THE CO-CONSTRUCTION OF PREFERRED REALITIES IS AUTHENTIC AND RESPECTFUL.

FUTURE DIRECTIONS

ONGOING RESEARCH CONTINUES TO EXPLORE THE EFFICACY OF NARRATIVE THERAPY ACROSS POPULATIONS AND SETTINGS. INTEGRATING TECHNOLOGICAL TOOLS AND EXPANDING APPLICATIONS IN MULTICULTURAL CONTEXTS ARE PROMISING AREAS FOR DEVELOPMENT. THE PRINCIPLES OF NARRATIVE THERAPY THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES REMAIN RELEVANT FOR ADVANCING PERSON-CENTERED AND SOCIALLY AWARE THERAPEUTIC PRACTICES.

FREQUENTLY ASKED QUESTIONS

WHAT IS NARRATIVE THERAPY AND HOW DOES IT RELATE TO THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES?

NARRATIVE THERAPY IS A COLLABORATIVE THERAPEUTIC APPROACH THAT VIEWS PEOPLE AS SEPARATE FROM THEIR PROBLEMS AND EMPHASIZES THE STORIES INDIVIDUALS TELL ABOUT THEIR LIVES. IT RELATES TO THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES BY HELPING INDIVIDUALS RE-AUTHOR THEIR LIFE NARRATIVES, THEREBY RECONSTRUCTING THEIR REALITIES IN WAYS THAT ALIGN WITH THEIR PREFERRED IDENTITIES AND VALUES.

HOW DOES NARRATIVE THERAPY UTILIZE THE CONCEPT OF SOCIAL CONSTRUCTION IN SHAPING PERSONAL IDENTITY?

NARRATIVE THERAPY UTILIZES THE CONCEPT OF SOCIAL CONSTRUCTION BY RECOGNIZING THAT PERSONAL IDENTITIES ARE SHAPED THROUGH CULTURAL, SOCIAL, AND RELATIONAL CONTEXTS. IT HELPS CLIENTS DECONSTRUCT DOMINANT PROBLEM-SATURATED STORIES IMPOSED BY SOCIETY AND CO-CREATE ALTERNATIVE NARRATIVES THAT REFLECT THEIR PREFERRED REALITIES AND EMPOWER THEIR SENSE OF SELF.

WHAT TECHNIQUES ARE USED IN NARRATIVE THERAPY TO HELP CLIENTS CONSTRUCT THEIR PREFERRED REALITIES?

TECHNIQUES IN NARRATIVE THERAPY INCLUDE EXTERNALIZATION OF PROBLEMS, IDENTIFYING UNIQUE OUTCOMES, THICKENING ALTERNATIVE STORIES, AND RE-AUTHORING CONVERSATIONS. THESE METHODS ENABLE CLIENTS TO SEPARATE THEMSELVES FROM THEIR PROBLEMS AND COLLABORATIVELY BUILD NARRATIVES THAT HIGHLIGHT THEIR STRENGTHS AND PREFERRED WAYS OF BEING, THUS CONSTRUCTING PREFERRED REALITIES.

WHY IS THE IDEA OF 'PREFERRED REALITIES' IMPORTANT IN NARRATIVE THERAPY?

THE IDEA OF 'PREFERRED REALITIES' IS IMPORTANT BECAUSE IT FOCUSES THERAPY ON THE CLIENT'S ASPIRATIONS, VALUES, AND HOPES RATHER THAN ON PATHOLOGY. BY CONSTRUCTING PREFERRED REALITIES, CLIENTS ARE EMPOWERED TO ENVISION AND LIVE IN WAYS THAT ARE MORE FULFILLING AND ALIGNED WITH THEIR AUTHENTIC SELVES, PROMOTING HEALING AND PERSONAL GROWTH.

HOW DOES NARRATIVE THERAPY ADDRESS SOCIAL AND CULTURAL INFLUENCES IN THE CONSTRUCTION OF PREFERRED REALITIES?

NARRATIVE THERAPY ACKNOWLEDGES THAT SOCIAL AND CULTURAL INFLUENCES SHAPE THE STORIES PEOPLE TELL ABOUT THEMSELVES. IT ENCOURAGES CRITICAL EXAMINATION OF DOMINANT CULTURAL NARRATIVES AND HELPS CLIENTS RESIST OPPRESSIVE OR LIMITING SOCIETAL DISCOURSES. THIS PROCESS ENABLES CLIENTS TO CONSTRUCT PREFERRED REALITIES THAT HONOR THEIR UNIQUE EXPERIENCES AND CULTURAL IDENTITIES.

ADDITIONAL RESOURCES

1. *NARRATIVE MEANS TO THERAPEUTIC ENDS*

THIS FOUNDATIONAL TEXT BY MICHAEL WHITE AND DAVID EPSTON INTRODUCES THE CORE PRINCIPLES OF NARRATIVE THERAPY. IT EXPLORES HOW STORIES SHAPE INDIVIDUALS' IDENTITIES AND HOW RE-AUTHORING THESE STORIES CAN LEAD TO TRANSFORMATIVE CHANGE. THE AUTHORS EMPHASIZE THE IMPORTANCE OF SEPARATING PEOPLE FROM THEIR PROBLEMS AND CONSTRUCTING PREFERRED NARRATIVES.

2. *THE SOCIAL CONSTRUCTION OF REALITY: A TREATISE IN THE SOCIOLOGY OF KNOWLEDGE*

WRITTEN BY PETER L. BERGER AND THOMAS LUCKMANN, THIS CLASSIC WORK LAYS THE GROUNDWORK FOR UNDERSTANDING HOW KNOWLEDGE AND REALITY ARE SOCIALLY CONSTRUCTED. IT EXAMINES THE PROCESSES THROUGH WHICH SOCIETIES CREATE AND MAINTAIN SHARED MEANINGS AND TRUTHS. THIS BOOK IS ESSENTIAL FOR GRASPING THE THEORETICAL UNDERPINNINGS OF NARRATIVE THERAPY.

3. *MAPS OF NARRATIVE PRACTICE*

IN THIS BOOK, MICHAEL WHITE EXPANDS ON NARRATIVE THERAPY TECHNIQUES BY PROVIDING PRACTICAL MAPS TO GUIDE THERAPEUTIC CONVERSATIONS. THE TEXT OFFERS DETAILED STRATEGIES FOR HELPING CLIENTS IDENTIFY, CHALLENGE, AND RE-AUTHOR PROBLEMATIC STORIES. IT SERVES AS A VALUABLE RESOURCE FOR BOTH NOVICE AND EXPERIENCED THERAPISTS.

4. *RE-AUTHORING LIVES: INTERVIEWS AND ESSAYS*

MICHAEL WHITE PRESENTS A COLLECTION OF INTERVIEWS AND ESSAYS THAT DELVE INTO THE PHILOSOPHY AND PRACTICE OF NARRATIVE THERAPY. THE BOOK HIGHLIGHTS THE COLLABORATIVE RELATIONSHIP BETWEEN THERAPIST AND CLIENT IN CONSTRUCTING PREFERRED REALITIES. IT ALSO DISCUSSES THE ETHICAL DIMENSIONS OF NARRATIVE PRACTICE.

5. *THERAPEUTIC CONVERSATIONS*

THIS VOLUME, EDITED BY DAVID EPSTON AND DEAN LOBOVITS, COMPILES INNOVATIVE THERAPEUTIC DIALOGUES AND CASE STUDIES. IT SHOWCASES HOW NARRATIVE THERAPY TECHNIQUES ARE APPLIED ACROSS DIVERSE CONTEXTS AND POPULATIONS. THE BOOK EMPHASIZES THE CO-CREATION OF MEANING AND THE EMPOWERMENT OF CLIENTS.

6. *CONSTRUCTING REALITIES: AN ART OF LENSES*

THIS BOOK EXPLORES THE MULTIPLE LENSES THROUGH WHICH INDIVIDUALS AND COMMUNITIES PERCEIVE AND CONSTRUCT THEIR REALITIES. IT INTEGRATES SOCIAL CONSTRUCTIONIST THEORY WITH NARRATIVE THERAPY PRACTICE, ILLUSTRATING HOW PREFERRED NARRATIVES ARE FORMED AND SUSTAINED. THE TEXT ENCOURAGES READERS TO CONSIDER THE FLUIDITY OF TRUTH

AND IDENTITY.

7. NARRATIVE THERAPY IN PRACTICE: THE ARCHAEOLOGY OF HOPE

EDITED BY GERALD MONK AND JOHN WINSLADE, THIS COLLECTION BRINGS TOGETHER CASE STUDIES AND THEORETICAL INSIGHTS ON NARRATIVE THERAPY. IT FOCUSES ON UNCOVERING HIDDEN STORIES AND FOSTERING HOPE THROUGH NARRATIVE RECONSTRUCTION. THE BOOK IS NOTABLE FOR ITS PRACTICAL APPLICATION AND DEPTH OF ANALYSIS.

8. THERAPY AS SOCIAL CONSTRUCTION

THIS BOOK PRESENTS THERAPY AS A COLLABORATIVE SOCIAL PROCESS WHERE REALITIES ARE CO-CREATED BETWEEN THERAPIST AND CLIENT. IT CHALLENGES TRADITIONAL EXPERT-BASED MODELS AND PROMOTES DIALOGICAL APPROACHES CONSISTENT WITH NARRATIVE THERAPY. THE AUTHORS DISCUSS HOW LANGUAGE SHAPES EXPERIENCE AND IDENTITY.

9. LIVING STORIES: NARRATIVE AND THE SOCIAL CONSTRUCTION OF PREFERRED REALITIES

THIS TEXT EXAMINES HOW INDIVIDUALS CRAFT AND LIVE OUT THEIR PREFERRED REALITIES THROUGH STORYTELLING. IT BLENDS NARRATIVE THERAPY PRINCIPLES WITH SOCIAL CONSTRUCTIONIST PERSPECTIVES TO HIGHLIGHT THE TRANSFORMATIVE POWER OF NARRATIVE. THE BOOK OFFERS PRACTICAL GUIDANCE FOR FACILITATING CHANGE THROUGH STORY WORK.

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