

# 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

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