Narrative and language-based therapies help clients to see their presenting problems as separate from themselves through the assumption that they have many skills and competencies that will enable them to reduce the influence of problems in their lives. This highly accessible, step-by-step guide to incorporating principles of narrative and language-based approaches to therapy into practice demystifies these techniques for therapists and counselors in training. Illustrated with concrete examples and findings from empirical research, the text helps readers to understand the importance of language and narrative in the therapeutic alliance and to apply language- and narrative-based principles in counseling and psychotherapy.

In a concise, straightforward format designed to facilitate student learning, each chapter describes a set of related principles and practices that encompasses counselor/student dialogues, in-depth discussion of each principle, the empirical bases for these principles and practices, and student assignments that foster additional learning. The book also discusses the theoretical and philosophical foundation of narrative therapies including developments in emotion science and word use research and their translation to counseling practice.