Presents a overview of discursive perspectives in therapy, along with an account of its philosophical underpinnings.

The book starts by historically situating discursive ideas, looking at the work of philosophers such as Wittgenstein, Merleau Ponty and Heidigger. It then presents a thorough review of a range of innovative discursive methods, each presented by an authority in their respective area. The book shows how discursive therapies can help people construct a better sense of their world, and move beyond the constraints caused by the cultural preconceptions, opinions, and values the client has about the world.

The book makes a unique contribution to the philosophy and psychiatry literature in examining both the philosophical bases of discursive therapy, whilst also showing how discursive perspectives can be applied in real therapeutic situations. The book will be of great value and interest to psychotherapists and psychiatrists wishing to understand, explore, and apply these innovative techniques.