This book is particularly innovative in the using narrative or metaphor therapy with adults suffering from severe mental illness.

Narrative or metaphor therapy utilizes the patient's own memories and anecdotes as a method for tapping into and confronting the many layers of the complex inner self.

Unlike other books on the use of narrative therapy, this book focuses on the use of pre-scripted narratives that can be used with individuals to examine their personal situations, as well as techniques to guide individuals in the development of their own narratives. A comprehensive and detailed guidebook for narrative therapists, this book addresses various experiential therapeutic interventions.