

CHARACTERISTICS OF NARRATIVE THERAPY

Alice Morgan's book "What is Narrative Therapy?: An Easy to Read Introduction" outlines the basics of this therapeutic approach as well as some of its common techniques. She says narrative therapy:

- Is respectful and interactive, creating a true collaboration between the therapist and the person seeking therapy
- Refrains from blame
- Makes people the experts in their own lives
- Views people and their problems as separate entities
- Helps people use their skills, values, beliefs and abilities to decrease the power problems have over their lives

Two of the foremost principles in this type of therapy are:

- Always being curious
- Always asking questions

