



If Problems Talked: Narrative Therapy in Action (The Guilford Family Therapy)

Jeffrey L. Zimmerman PhD, Victoria G. Dickerson PhD

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This unique book explores how clients' problems are defined by personal and cultural narratives that can be identified and retold in therapy. The authors share their therapeutic vision through a series of stories, fictionalized discussions, and minidramas, inviting readers to participate in an ongoing conversation by reflecting on their own responses to the case material presented. Written in an engaging and personal style that brings the theory to life, the book challenges normative ideas about both narrative and the therapeutic relationship.



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