



# Understanding Narrative Therapy: A Guidebook for the Social Worker

*Sonia L. Abels, Paul Abels*

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A clear guide to one of today's most popular treatment modalities, this volume explores why the narrative metaphor is important in the therapeutic relationship, and how to incorporate narrative techniques into social work practice. Building on basic insights about how stories shape people's lives, and how destructive stories can be modified, the authors explore various applications of the narrative approach. These applications include conducting groups, working with multicultural clients, and supplementary classroom discussions.

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