

# Narrative Therapy For The Elderly

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## PALMER DRAVEN

*Spiritual Assessment and Intervention with Older Adults* SAGE Publications Limited

Narrative therapy is an exciting and evolving psychotherapeutic approach. Narrative Therapy Approaches for Physical Health Problems takes the reader on a journey across the territory of narrative therapy theories, principles, and practices, and its application to the field of physical health. It explicitly considers a person's context and explores ways of intervening that go beyond the individual. This includes working with medical teams, engaging in conversations about broader narratives of health and wellness, alongside ideas for adapting practice to take account of particular settings and client groups. Although a lot of theoretical ground is covered, the overarching remit of this book is as a practical guide. The book is peppered with examples, which help explain concepts and illustrate how ideas look in practice. Narrative Therapy Approaches for Physical Health Problems is a book for all professionals who are therapeutically supporting people with physical health problems, across the lifespan. It is intended for those that have an interest in understanding more about how to address the emotional needs of the people with whom they work.

**Growing Up and Growing Old** Routledge

Incorporates the concept of story or narrative to provide a unique approach to therapy with the elderly. Compares this with other geriatric therapeutic approaches. Explains how to use this technique through the application of a number of strategies and case studies.

**Storytelling in Alcoholics Anonymous** W. W. Norton & Company

"Keeping pace with today's interest in, and awareness of, narrative and metaphor in psychotherapy, this new resource provides practitioners with an extremely concise overview of Milton Erickson's work; a simple, systematic, seven-step approach to employing narrative and metaphor effectively; and an encyclopedic compendium of fables, myths, anecdotes, quotes, fairy tales, and stories to put to immediate use." "In Flash of Insight, author Stephen Pearce shows how metaphor works, how it helps clients to establish a sense of cultural identity, and how using narrative with them can be physically and emotionally curative and redemptive - while actually speeding up the therapeutic process. Interdisciplinary in scope and application, the book draws on linguistic, anthropological, and psychological currents to emphasize the importance of narrative and metaphor which influence thought and behavior both in the therapeutic setting and in the lives of people."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

**Hope and Despair in Narrative and Family Therapy** Jessica Kingsley Publishers

In psychotherapy, as in life, all significant emotions are embedded in important stories, and all significant stories revolve around important emotional themes. Yet, despite the interaction between emotion and narrative processes, emotion-focused therapy (EFT) and narrative-informed therapies have evolved as separate clinical approaches. In this book, Lynne Angus and Leslie Greenberg address this gap and present a groundbreaking, empirically based model that integrates working with narrative and emotion processes in EFT. According to Angus and Greenberg's narrative-informed approach to EFT, all successful psychotherapy entails the articulation, revision, and deconstruction of clients' maladaptive life stories in favor of more life-enhancing alternatives. Because emotions and narratives interact to form meaning and sense of self, the evocation and articulation of emotions is critical to changing life narratives. Individual chapters describe how the interaction between emotion and narrative creates a constantly evolving sense of self; how clinicians can address both narrative and emotion processes to help clients create more adaptive, empowering meanings and sense of self; and the importance of a strong therapeutic alliance. Engaging, in-depth case studies at the end of the book illustrate how the model can be applied to treatment of depression and emotional trauma.

*Trauma Among Older People* W. W. Norton & Company

Powerful ideas from narrative therapy can teach us how to create new life stories and promote change. Our lives and their pathways are not fixed in stone; instead they are shaped by story. The ways in which we understand and share the stories of our lives therefore make all the difference. If we tell stories that emphasize only desolation, then we become weaker. If we tell our stories in ways that make us stronger, we can soothe our losses and ease

our sorrows. Learning how to re-envision the stories we tell about ourselves can make an enormous difference in the ways we live our lives. Drawing on wisdoms from the field of narrative therapy, this book is designed to help people rewrite and retell the stories of their lives. The book invites readers to take a new look at their own stories and to find significance in events often neglected, to find sparkling actions that are often discounted, and to find solutions to problems and predicaments in unexpected places. Readers are introduced to key ideas of narrative practice like the externalizing problems - 'the person is not the problem, the problem is the problem' -and the concept of "re-membering" one's life. Easy-to-understand examples and exercises demonstrate how these ideas have helped many people overcome intense hardship and will help readers make these techniques their own. The book also outlines practical strategies for reclaiming and celebrating one's experience in the face of specific challenges such as trauma, abuse, personal failure, grief, and aging. Filled with relatable examples, useful exercises, and informative illustrations, *Retelling the Stories of Our Lives* leads readers on a path to reclaim their past and re-envision their future.

*Life Story Therapy with Traumatized Children* Gecko 2000

In its brief but vigorous history, gerontology has spawned a broadening range of specializations. One of the newest of such specializations is narrative gerontology, so named for its emphasis on the biographical, or inside, dimensions of the experience of aging. Telling stories about our world, our relationships, and ourselves is fundamental to how we make meaning. Everything from our history to our religion and our memories to our emotions is linked to the tales we tell ourselves, and others, about where we have come from and where we are going. They are central to who we are. The biographical side of human life is every bit as critical to fathom as the biological side, if we seek a more balanced, positive, and optimistic perspective on what aging is about; if we would honor the dignity and complexity, the humanity and uniqueness of the lives of older persons, no matter what their health or economic standing. In this respect, a narrative approach is particularly suited to the exploration of such topics as meaning, spirituality, and wisdom, and the connections they share. This volume reflects a selection of new directions and insights, and constitutes a general broadening and deepening of narrative gerontology, exploring its implications for theory and research in the field of aging, and for the quality of life of older adults themselves. Such deepening indicates a greater refinement of thought, method, and intervention. The evolution of narrative gerontology is also evidenced by a significant increase in the number of faculty and graduate students engaged in research in this area, as well as by increasing collaboration among researchers, practitioners, and administrators in applying narrative insights to contexts such as long term care - indeed, healthcare in general. These initiatives have given rise to the phrase, "narrative care as core care".

*Narrative Therapy Approaches for Physical Health Problems* John Wiley & Sons

Sixty is the new forty. Changing Aging, Changing Family Therapy gives family therapists a roadmap for adapting to the new realities of aging.

*Discursive Perspectives in Therapeutic Practice* Explorations in Narrative Psych

A community of elders who meet daily and spontaneously at the seaside exemplify the idea of positive aging. Through their individual life narratives, this book explores the impact of routine, physical exercise, and social relationships on the well-being of these seniors, and portrays the safe environment fostered by their discourse and wisdom.

**Cognitive Behavior Therapy with Older Adults** Springer Publishing Company

When drinkers attend Alcoholics Anonymous and their spouses attend Al-Anon, says Jensen (English, Southwest Missouri State U.), dramatic changes occur that cannot be accounted for simply by the absence of alcohol. He explains how being a member can contribute to the formation of a new identity through the transformative effect of storytelling within its structure. Annotation copyrighted by Book News Inc., Portland, OR *Encyclopedia of Couple and Family Therapy* Jossey-Bass This best-selling book is an easy-to-read introduction to the ideas and practices of narrative therapy. It uses accessible language, has a concise structure and includes a wide range of practical examples. What Is Narrative Practice? covers a broad spectrum of narrative practices including externalisation, re-membering, therapeutic letter writing, rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is interesting in applying narrative ideas in your own

work context, this book was written with you in mind.

*Retelling the Stories of Our Lives: Everyday Narrative Therapy to Draw Inspiration and Transform Experience* W. W. Norton & Company

Trauma Among Older Adults presents an integrative model of treatment that considers current theories of treatment in light of special considerations relating to elderly patients. The book provides case studies, vignettes, and discussions, and demonstrates the importance of considering the personality, memory, and familial history of an elderly individual who has suffered a trauma.

**Storying Later Life** Springer Publishing Company

How do experiences of hope and despair impact upon our capacity to meet life's challenges in narrative and family therapy? Clients' experiences of hope and despair can be complex, reflecting individual and family histories, current patterns and dynamics, the stresses of everyday life, and the social contexts of families' lives. This book analyses how therapists meet and engage with these dichotomous aspects of human experience. The editors place the themes of hope and despair at the centre of a series of reflections on practice and theory. Contributors from all over the world are brought together, incorporating a range of perspectives from narrative, systemic and social constructionist frameworks. The book is divided into three sections, covering: reflections on hope and despair facing adversity: practices of hope reflections on reconciliation and forgiveness. Hope and Despair in Narrative and Family Therapy looks at the importance of hope in bringing about positive therapeutic change. This book will be of great use to family therapists, psychotherapists, counsellors, and students on therapeutic training courses. *Storytelling and Other Activities for Children in Therapy* Charles C Thomas Publisher

A comprehensive overview for professionals working with traumatized children, which outlines the theory and practice of life story therapy, a method which helps children and cares to question and resolve issues and events within a child's life.

**Narrative Gerontology** SIU Press

Dr. Carroll Estes has long been recognized as one of our most influential social gerontologists beginning with the publication of the *Aging Enterprise*. The process of aging over the life course is affected by biological and psychological factors, but a sociological perspective makes an important contribution to our understanding of aging by explicating how social, economic, and political forces shape the aging experience. This book quickly achieved iconic status among gerontologists and other social scientists as one of the founding texts in critical gerontology.

**Doing Narrative Therapy** Wiley

Structured Life Review is a one-on-one therapeutic technique that guides people in reflecting on their lives from early childhood to the present. It allows individuals to learn from past experiences, settle unresolved issues, and ultimately achieve a state of life acceptance. Participants benefit from increased life satisfaction, reduced depression, and the opportunity for reconciliation, acceptance, and serenity.

*NARRATIVE APPROACHES IN SOCIAL WORK PRACTICE* Fortress Press

This authoritative reference assembles prominent international experts from psychology, social work, and counseling to summarize the current state of couple and family therapy knowledge in a clear A-Z format. Its sweeping range of entries covers major concepts, theories, models, approaches, intervention strategies, and prominent contributors associated with couple and family therapy. The Encyclopedia provides family and couple context for treating varied problems and disorders, understanding special client populations, and approaching emerging issues in the field, consolidating this wide array of knowledge into a useful resource for clinicians and therapists across clinical settings, theoretical orientations, and specialties. A sampling of topics included in the Encyclopedia: Acceptance versus behavior change in couple and family therapy Collaborative and dialogic therapy with couples and families Integrative treatment for infidelity Live supervision in couple and family therapy Postmodern approaches in the use of genograms Split alliance in couple and family therapy Transgender couples and families The first comprehensive reference work of its kind, the *Encyclopedia of Couple and Family Therapy* incorporates seven decades of innovative developments in the fields of couple and family therapy into one convenient resource. It is a definitive reference for therapists, psychologists, psychiatrists, social workers, and counselors, whether couple and family therapy is their main field or one of many modalities used in practice.

*The Aging Enterprise* Routledge

The authors of this volume take as their starting point "striking

moments" in their practice with older people, their families and other practitioners. They integrate these with current systemic thinking to offer new perspectives on working with older people in a range of physical health, mental health and social care contexts. This book is practice led and contains a wealth of examples that will be familiar both to practitioners working with older people and to older people themselves and their families. The authors, all experienced clinicians, place an emphasis on how systemic and narrative approaches might relate to these real world dilemmas and point to ways forward in working with older people in a world where social isolation, ageism and discrimination are commonplace.

*Life Stories* Springer

In 'The Magic Loom' the author, Heather McClelland, invites adults who survived trauma in their childhood to become more aware of their sensations. She helps them interweave the narratives and wisdom of both body and mind as they safely explore and make meaning of the past and put it behind them. This is a text for therapists primarily, teaching with metaphor and case-study. Therapists will discover why and how weaving the body and mind together in interpersonal narrative style conversations meets the needs that contemporary scientific research is uncovering. It is the author's hope that survivors themselves may find they can identify with the stories of trauma recovery as they unfold and engage with the Magic Loom's conversational style and

translation of the languages of therapy and of science.

Neuroscientists inform us that unresolved aspects of early trauma become hidden within a person's somatic memory (van der Kolk, 2006). Memories are not cognitively or narratively retrievable because at the time of the original trauma, the hormonal impacts on the traumatised child's brain prevented vital neural signals from reaching the brain's higher, sense-making parts (Perry, 1997; van der Kolk, 2006). The trauma is remembered, not by her rational mind but by her body. Raising a person's awareness of her body means that key threads can be woven together with the full range of narrative therapy approaches that enable her to explore what her mind presents. The body-focused narrative therapist is learning to listen to an added voice and a different suite of narratives. She is helping to make explicit and visible to the survivor what has long remained implicit and hidden. It's as if the person's body gives her back her voice and her mind. Body-focused narrative therapy owes its transformative power to the synthesis of a range of somatic and narrative approaches.

**Therapy with Older Clients: Key Strategies for Success**

American Psychological Association (APA)

"This book is a mind opener to many important issues of human behavior." -- from the Foreword by James E. Birren  
Reminiscence work continues to develop in exciting and productive ways. In this volume, Webster and Haight along with multidisciplinary contributors point out ways of improving the quality of life through the processes of reminiscence. They present examples of

cutting-edge treatments in reminiscence work. Organized into sections, the book sets the stage with a valuable review of the literature and then focuses on conceptual issues, developmental/sociocultural contexts, special populations, and clinical applications. Topics addressed include: reminiscence and development in late life, personal identity/social discontinuity, spiritual reminiscence, story-telling, integrating reminiscence and life review techniques with therapy, and reminiscence groups for people with dementia, among them. *Critical Advances in Reminiscence Work* will help shape the direction of the field in the future and should be read by every practitioner, researcher, and senior undergraduate/graduate student interested in biographical approaches.

*Challenging Invisibility: Practices of Care* Routledge

Narrative gerontology focuses on the possibilities of the "life as story" metaphor in the field of aging. Effectively integrating theory, research, and practice, this volume emphasizes the ways narrative approaches such as guided autobiography and life review can be incorporated into practice. The goal is to improve the quality of care and the quality of life for older adults, especially those with chronic illness and those near the end of their lives. Professionals within the fields of gerontology, social work, counseling, family therapy, nursing, medicine, and occupational therapy will all find valuable insights on how to incorporate narrative approaches into their work. Book jacket.