

## **Rewriting, Reframing, and Restructuring the Story: A Narrative and Solution Focused Therapy Approach to Family Therapy**

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**Abstract :** Solution Focused Therapy sheds a positive light on a client's problem(s) by instilling hope, focusing on the connection with the client, and describing the problem in a way to display change being possible. Solution focused therapists highlight clients' positive strengths, reframe what clients say, do, or believe in a positive statement, action, or belief. Narrative Therapy focuses on the stories individuals tell about their past in which shape their current and future lives. Changing the language used aids clients in reevaluating their values and views of themselves, this then constructs a more positive way of thinking about their story. Both therapies are based on treating each client as an individual with a problem rather than that the individual is a problem and being able to give power back to the client. The purpose of these ideologies is to open a client to alternative understandings. This paper displays how clinicians can empower and identify their clients' positive strengths and resiliency factors. Narrative and Solution-Focused Techniques will be integrated to instill positivity and empowerment in clients. Techniques such as deconstruction, collaboration, complimenting, miracle/exception/scaling questioning will be analyzed and modeled. Furthermore, bridging Solution Focused Therapy and Narrative Therapy gives a voice to unheard client(s).

**Keywords :** solution focused therapy, narrative therapy, empowerment, resilience

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