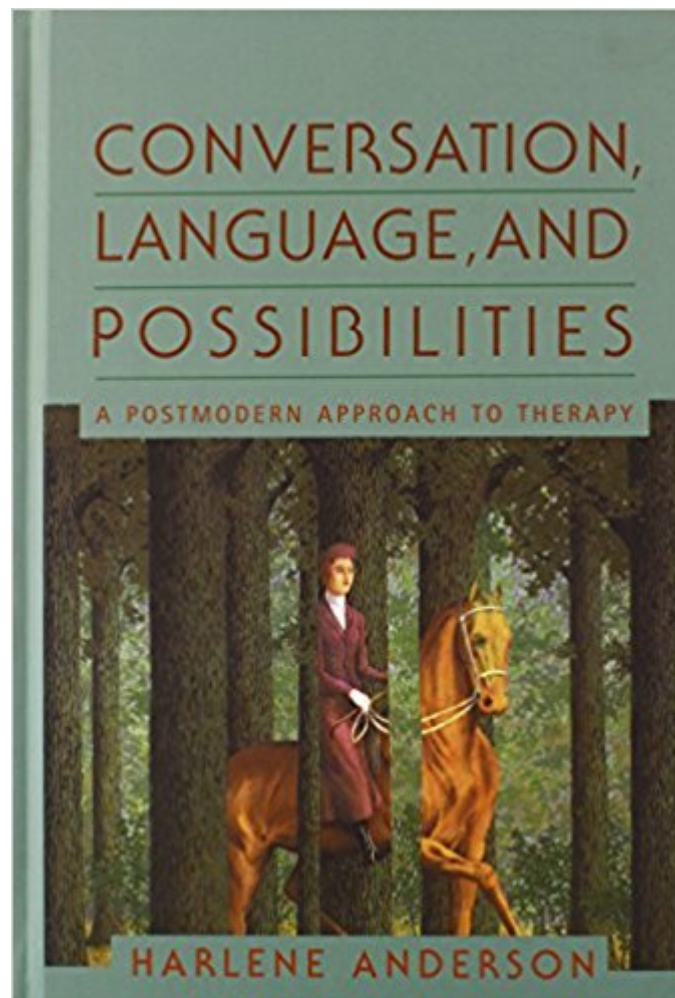




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Conversation, Language, And Possibilities: A Postmodern Approach To Therapy



Synopsis

How can a therapist create the kind of relationship and conversation with a client that allows both to access their creativity and develop possibilities where none seemed to exist before? To answer this important question, Harlene Anderson invites us on a challenging, inspiring journey with an illuminating blend of postmodern theory and clinical narratives. We first meet a Swedish mother, whose experiences in therapy are wrought with frustration. The rest of the book is an answer to this mother's appeal, showing how therapists and clients can become conversational partners in a powerful process of transformation and change. Drawing on her experiences as a practitioner and teacher and on her clients' experiences of therapy, Harlene Anderson joins social thinkers who challenge the familiar culture of psychotherapy, including the foundations on which its theory, practice, research, and therapist education have been based. Anderson directly challenges the expert-nonexpert dichotomy and hierarchical structures that flow from it. She asserts that conventional premises and practices have lost their relevance in a world of rapid social transformation, and calls instead for a philosophy of therapy and a way of being in client relationships that invite collaboration. *Conversation, Language, and Possibilities* forges surprising links between postmodern theory and collaborative clinical practice. In this framework, human systems are viewed as systems of language and communication. Clients' voices are privileged. And language is generative in shaping—and reshaping—human life and relationships, creating potentials for positive change as infinite in variety and expression as the individuals who realize them.

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Customer Reviews

The book presents a good description of the paradigm shift in the mental health therapy field from the era of family therapy to the postmodern period. The author, as always, does justice to the value of being curious and suspending judgement. She makes it clear about the power of being tentative and listening respectfully. I enjoyed the book.

The author provides with this book an outstanding book on psychotherapy that is a must to read for psychotherapists! By taking an ethical stance on how to be WITH people and the moral order of language use the author gives hope, democracy and practices to the notion of collaboration in therapeutic conversations and beyond! I really recommend this book both for practice enhancement and also to challenge our stance and conceptions of psychotherapy today!

This is an excellent book on family therapy from a postmodern or collaborative stance. It gives you some history about the modern and postmodern forms of therapy. It also presents some innovative and useful concepts. I liked very much the book and it helped me a lot in my clinical practice. Psic.

Javier Armenta

Harlene Anderson's work is a treasure and still one of the finest conversations about postmodern approaches. The book is about much more than a "postmodern approach to therapy." I found it to be of great value for my work as an OD consultant and facilitator. It brings forward a new way of being in relationship and challenges us to find more life-giving ways to participate in organizational life. I found this work to be of great value as I wrote my own book on Relational Presence: Decision Making beyond Consensus.

great book, thank you very much!

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