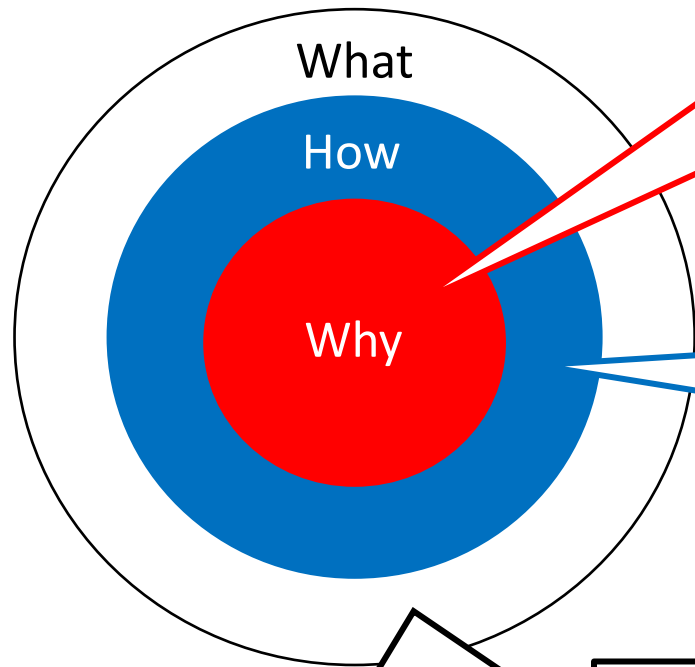


Golden Circle of Narrative Therapy



Why: Basic Beliefs of N.T.

1. People are not problems. Problems are problems.
2. We, not the therapists, are expert of our lives.
3. We have skills, knowledge, and resources to tackle challenges in life.
4. Life is multi-storied.
5. Human are meaning-makers.

How: Ways of re-searching different stories

1. Re-authoring
 - Landscape of Identity
 - Landscape of Action
 - Outsider Witness Practice
2. Re-membering

What: Techniques, tools, skills

1. Externalization
2. Therapeutic Documentation
3. Spirit of curiosity and absence of assumption and judgment