The basic aim of this study is to bring narrative therapy, which has currently become one of the significant approaches, in the field of psychological consultation. To the contrary of the traditional psychotherapy approaches, narrative therapy has specified the essential knowledge accumulation and the philosophical background of the 21st century as its basic theoretical framework. Within this context, it set its focus on the direct and indirect impacts of the world of discourse constructed over language on the mental health of individuals. The deconstruction and re-construction of people’s stories that they accept/are made to accept without questioning and that they believe to be their fate is one of the main aims of this therapy. In this study, the aims, the basic theoretical framework, the leading names of narrative therapy, its use as a therapy model, its therapeutic aims and the techniques used are introduced in-depth and it is also attempted to bring it in to the practitioners of the field and the field of psychological consultation.

Language is a phenomenon, which offers the perspective to individuals necessary to express themselves and to understand others. A world without language lacks meaning (Elliot, 1996). Language is at the center of social life and has the power to construct life (Wood & Kroger, 2000). It is beyond doubt that the field of psychotherapy leads the way among the areas, which language and language practices have permeated and have their total power felt in-depth. Almost all psychotherapy practices have been constructed over language and language practices. The traditional psychotherapy practices, supported by the consequences of the previous era – the modernist/positivist conception – do not possess the sufficient power to elucidate the relations, dilemmas and difficulties brought along the new world order. The reason is that causality, advocated by modernism/positivism, cannot expound the phenomena of today’s world such as complexity, uncertainty, dilemmas etc. (Wodak, & Meyer, 2002).

Narrative therapy challenges the familiarized traditional psychological consultation approaches in terms of the claims, assumptions and aims it proposes. This approach drives its focus towards “meaning” constructed over language and discourse and in the field of psychotherapy it is launched as “the fourth wave/power” (Payne, 2006). According to narrative therapy, what specifies how people will feel and act under certain circumstances depends on how that person makes sense of that situation and how s/he interprets it. In narrative therapy the situation caused by the problem is nothing more than the social reality that continues by means of the problematic behavior and is coordinated within language. Constructed social realities arise in the narratives they have developed both in order to form the identity specification value of the individual and also to make sense of their relations with others (Payne, 2006).

As regards narrative therapy, people gain various experiences throughout their lives. By means of these experiences in process of time they generate dominant/problematic narratives with a specific content that accommodate the whole meaning of their lives. However, they are not aware of the inconsistencies and conflicts in the essence of these narratives. Using various therapeutic methods, narrative therapy makes the client aware of how these gaps and inconsistencies impact life and helps them to generate consistent and meaningful stories regarding their lives that are more realistic and acceptable. Thus, consequently, instead of a person pressed in a problem-focused story, it brings about an individual, who rewrites the whole story (Freedman, & Combs, 2008; 229-230).

This therapy model is distinct from the traditional therapy approaches, where there are an expert therapist and a guiding person. The therapist is the component part that provides the deconstruction of the problem-focused story, which is the reason for the negative focus of the client. The narrative therapists do not consider themselves experts, instead, they recognize that everybody is the expert of their own lives and set the issue that the problem is a different entity than the people in the center of the therapy. Narrative therapy considers the client an efficient, able and proficient individual, who has the necessary ideas, values, determination and abilities to cope with the problems encountered in life (Morgan, 2002). When compared to traditional approaches, it is evident that in narrative therapy the relation between the client and the therapist is at a more corresponding level, that there is no hierarchy and that the therapist is generally at a position for listening (Carey & Russell, 2003; Dyck, 2000; Mascher, 2002).

Narrative therapy neither describes and reflects the experiences nor approaches them in a reductionist or fundamentalist way. Narrative therapy is the process to reconstruct meaning (Madigan & Law, 1998; White, 1995). During the process of deconstruction of the problem-focused narrative, writing of new narratives and construction of new meanings, this approach has helped the field of psychotherapy gain numerous new and powerful therapeutic techniques such as externalizing the problem, deconstruct the problem, unique outcomes.