



# Shaping the Story

## *A Guide to Facilitating Narrative Career Counseling*

**Kobus Maree (Ed.)**

including contributions by Larry Cochran, Mark Savickas, Norm Amundson, Charles Chen, Robert Sternberg, Wendy Patton, Mary McMahon, Mark Watson, Paul Hartung, John Winslade and Belle Wallace

Current career counselling needs a shift away from the practice of modern counselling approaches, and narrative therapy is likely to be particularly appropriate, since it is part of the culture and way of life of the majority of our clients. For the very first time, current approaches have been brought together in one publication. Eminent scholars, including Larry Cochran, Mark Savickas, and Norm Amundson, Paul Hartung and John Winslade, contributed to the publication. Personal narratives of some exceptionally eminent people, including Robert Sternberg are also included. The publication is concluded by Reuven Bar-On and Maurice Elias, who delineate the connection between storied counselling and social and emotional learning. This book provides a priceless resource for scholars, academics, researchers, psychologists, teachers and clients. It:

- critically analyses germane questions, such as “How vital and feasible is it to build on life stories in career counselling?”
- examines the theoretical underpinnings and practical applications of hermeneutic-narrative, postmodern and constructivist approaches to career counselling
- provides practical guidelines on the practice of narrative counselling in different contexts
- presents ideas on how to engage clients actively
- suggests ways of using life story counselling (including the Career-Story Interview) to produce new identities for career practice

**Professor Kobus Maree** (Editor) is Professor in Educational Psychology at the Pretoria University (UP) and Editor of the SA Journal of Psychology. Internationally acknowledged for his work in career counselling, he has received a number of awards for his work.

“This book inspires hope that making meaning is empowering, illuminating and develops the self, especially with regard to career and life choices” (Birgit Schreiber, *Journal for Psychology in Africa*). “Not since Cochran’s landmark book ... has there been such a solid effort to advance the narrative approach. Maree should be thanked for a modest approach that may well prove to be monumental”

**(Chris Briddick, *Counselling Today*).**

“The book presents us with a vision and offers inspiration and guidance as to how to begin some work with a student in planning to move forward by building upon looking backward within a story or narrative paradigm” (Michael Pomerantz, *Gifted Education International*). “Shaping the Story should be commended for addressing the relative paucity of career development approaches for different cultural groups and for the power of language and ... the contributions of emotional [and] social emotional intelligence in career development.

**(Anna Lichtenberg, *Australian Journal of Career Development*).**

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