types of narrative sequence

- external “what happened”
- internal “how I felt”
- reflexive “what it meant”

Better outcomes in emotion-focused therapy are associated with high specificity of ‘external’ memory description, but with an overall emphasis on time spent in ‘internal’ emotional exploration & ‘reflexive’ meaning construction.

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A richer, multi-layered, more flexible & potentially helpful narrative emerges from combining all three of these types of description.

Therapists’ own depth of internal experiential focus helps clients move to deeper levels of internal experiencing too and this is associated with subsequent improvements in therapy outcome.