



# **Narrative Therapy for Women Experiencing Domestic Violence: Supporting Women's Transitions from Abuse to Safety**

*Mary Allen*

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For women experiencing domestic violence, narrative therapy can be a powerful tool to help them gain self-confidence and a sense of identity, resist violence, and make the transition from abuse to safety.

Drawing on the narratives of women who have experienced domestic violence, this book explores how women employ strategies of resistance, and how strengthening their sense of identity can contribute to this resistance. It demonstrates how narrative therapy can be used as an effective intervention, helping women to leave abusive relationships and supporting them in moving on. The author outlines a model for intervention and discusses how to work with women whilst keeping their safety in mind.

This book will be invaluable to counsellors, social workers and others working with abused women, helping them to understand, engage with and fully support women to resist and move on from abuse.

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