

**NARAȚIUNI DESPRE LUME ȘI DESPRE NOI ÎNȘINE.
CONSIDERAȚII DESPRE FUNCȚIA TERAPEUTICĂ A POVEȘTILOR
NARRATIVES ABOUT THE WORLD AND ABOUT OURSELVES.
SEVERAL PERSPECTIVES ON THE THERAPEUTIC FUNCTIONS OF
THE STORIES**

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***Abstract:** From immemorial times people create and use stories to relate and share experiences with others, to inform them, to organize their thoughts, to create their self-image, to know the world and to gain a sense of predictability, to obtain something from the others, to liberate from their own fears, to share joy or sadness, to express love or hate. Narrative psychology is a postmodern approach in psychology based on the assumption that human beings make sense to their world and perceive themselves through the narratives. Narratives are coherent mental structures people construct to organize actual and past experiences, memories, life histories, social and factual knowledge, actions, values, intentions and aspirations etc. The narrative approach(es) has(ve) broader implications in a variety of domains in psychology (such as psychological therapies, clinical, educational, developmental, social, health or organizational psychology). Biographical stories are used as therapeutic tools in experiential psychotherapy and rational stories are used in cognitive therapy. The aim of the paper is to identify and discuss from various theoretical perspectives the roles of narrative in mental functioning and psycho-social adaptation to life events.*

***Keywords:** narrative; therapeutic stories; narrative psychology; metaphor in psychotherapy; self-concept; life history*

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