

**Postmodern therapies: a brief introduction to collaborative therapy, narrative therapy and solution focused therapy (pp. 511-532)**

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This article offers an overview of Collaborative Therapy, Narrative Therapy and Solution Focused Therapy, which are frequently grouped together as “Postmodern Therapies”. The philosophical premises shared by these approaches are discussed, particularly those regarding language, knowledge and identity. Therapy is seen as a conversational process in which clients and therapists together co-construct new meanings, alternative stories, possibilities and solutions. Some of the therapeutic practices that characterize each of these models are presented, as well as the different contexts and populations with which they can be applied.