



Understanding Pain, Anger, and Fear:: Michael White's "Absent But Implicit"

Jodi Aman

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Michael White was an Australian social worker and family therapist, known as the founder of narrative therapy. In this book, we will examine his theory of “Absent but Implicit” which asserts that if an individual desires to be “happy,” they must know something about being “happy.” White suggested that we need to hear both the expression and what is absent from the expression, but implicit in its meaning. If someone is complaining they are miserable, they are also wishing they were not. Understanding this can make all the difference.

This book is full of examples to bring this idea to life. While originally meant for therapists, it is a must-read for counselors, teachers, authors, parents, and anyone in a relationship.

Jodi Loboazzo Aman is the creator of “The Map to Whole Peace.” She has been a counselor for more than twenty years, helping people of all ages overcome their problems.

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