

Call for Papers – *Voices: The Art and Science of Psychotherapy* – Journal of the American Academy of Psychotherapists

**Memory, Meaning & Story: Understanding Our Narratives and Changing Our Scripts**  
Spring 2019

Deadline for submission: January 15, 2019

Direct questions and submissions to the editor, Carla Bauer, LCSW at [crbauer01@bellsouth.net](mailto:crbauer01@bellsouth.net).  
See Submission Guidelines on the AAP website: [www.aapweb.com](http://www.aapweb.com).

We all tell our stories: of who we are, from whence we came, of life events that shaped and turned our directions. We tell stories of relationships, attachments, and encounters—what happened, who said or did what and why—recounting gifts or grievances received with lasting impact. Sometimes those stories are drawn from clear memories, well grounded in what actually happened. Sometimes our “memories” are more family lore, shaped by the stories we were told of events we were too young to remember or inherited from our ancestors, written before our time. Other times, the stories are built from screen memories, compiled from a mix of experiences, interpretations, and ascribed meanings, scripted into narratives drawn tight around us as if it all happened just so – and will always be just so.

What are the stories of your life, of your sense of self? What are the relationships and attachments that shaped you? The experiences that defined you or turned your course? The roles you wear as if your life or family depended on it? What are the wounds you’ve built protective walls around? What messages and experiences have you absorbed into your sense of self: e.g., “You’re lazy,” or “You’re too needy;” “I’m invisible,” or “I deserve pain”? What are the narratives you don’t like a well-worn jacket and find yourself living out repeatedly? Do you feel stuck in an immutable script, doomed for endless repetition? Or have you had experience with rewriting the narrative, rescripting your future course?

For this issue of *Voices*, consider the roles of memory, meaning and story in defining and changing life scripts. Consider your own narratives and those of your clients, the stories told in your offices. How do memory, meaning and story intertwine to shape the narratives and scripts of our lives/selves and hold us in their grip? How do we help clients make sense of their narratives and shift their meanings, exchanging the historical script for a new storyline? Object relations, narrative therapy, internal family systems, and more – each theoretical orientation gives us a different lens on the link between past and present, via the interrelationship of memory, meaning and story. What have you found useful in understanding narratives and changing scripts – yours or those of your clients? What has not been helpful?

*Voices* welcomes submissions in the form of personal essay, research- and case-based inquiry, poetry, art, cartoons and photography.