

SFBT WORKSHEETS

MINI BUNDLE

SOLUTION FOCUSED THERAPY

SCALING QUESTIONS

A SCALE FROM 1 TO 10, 1 WITH 10 REPRESENTING THE BEST IT CAN BE AND 1 THE WORSE.

10
YOUR PROBLEM AS IT IS NOW

1
YOUR GOAL/IDEAL STATE

WHAT IS YOUR DESIRED GOAL OR IDEAL?

WHERE WOULD YOU RATE YOURSELF ON THE SCALE IN TERMS OF HOW CLOSE YOU ARE RIGHT NOW TO REACHING THAT GOAL?

WHAT DO YOU NEED TO DO TO HELP YOURSELF MOVE ON THE SCALE?

WHAT STRENGTHS AND SKILLS DO YOU HAVE TO HELP YOURSELF MOVE UP?

WHAT HAVE YOU LEARNED FROM SUCCESSFUL PAST EXPERIENCES THAT COULD HELP YOU?

MIND MAPPING

Mind mapping starts with a central idea, (your miracle), and then helps you find ways to make those happen in real life. This exercise will help you see connections and understandings of similar situations and thoughts, particularly those that can contribute to the solution.

WHAT IS MY PLAN?

WHAT IS MY GOAL?

WHAT IS MY MOTIVATION?

WHAT IS MY SUPPORT?

WHAT IS MY CHALLENGE?

WHAT IS THE IDEA YOU ARE WORKING TOWARDS?

SMART GOALS

S SPECIFIC

M MEASURABLE

A ATTAINABLE

R REALISTIC

T TIME

SPECIFIC WHAT, WHO, WHEN, HOW?

MEASURABLE HOW MANY, HOW OFTEN, HOW LONG?

ATTAINABLE CHALLENGING BUT NOT IMPOSSIBLE

REALISTIC REALISTIC CONNECTION TO YOUR GOAL

TIME A DATE TO CHECK FOR ACCOMPLISHMENT

MIRACLE QUESTION

Imagine that tonight you go to sleep and while you are sleeping someone's magical language, did not a miracle your desired goal has been achieved. However, as you wake today when it happened, what you wake up, you are initially unaware that it happened.

WHAT GOAL OR MIRACLE WOULD YOU WANT TO HAVE BEEN ACHIEVED?

WHAT WOULD BE THE FIRST DIFFERENCES THAT YOU WOULD NOTICE?

WHAT WERE YOUR DESIRED GOALS WHEN YOU WERE ASLEEP?

WHAT WOULD NEED TO HAPPEN TO HELP YOU REACH YOUR DESIRED GOAL?

HAVE YOU EVER ACHIEVED IT BEFORE?

WHAT WOULD BE THREE SUPPORTERS THAT...

Solution Focused Counseling Pdf

Anne Bodmer Lutz, B.S.N., M.D.



Solution Focused Counseling Pdf

Solution-Focused Brief Therapy Cynthia Franklin, Terry S. Trepper, Eric E. McCollum, Wallace J. Gingerich, 2011-09-08
Therapy is frequently miscast as requiring an enormous amount of time and financial commitment but helpful goal oriented therapy can produce positive results after only a few sessions By focusing on solutions instead of problems SFBT asks clients to set concrete goals and to draw upon strengths in their lives that can help bring about the desired change for a preferred future

Solution Focused Brief Therapy Harvey Ratner, Evan George, Chris Iveson, 2012-07-26
Solution Focused Brief Therapy 100 Key Points and Techniques provides a concise and jargon free guide to the thinking and practice of this exciting approach which enables people to make changes in their lives quickly and effectively It covers The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents including school based work families and adults How to deal with difficult situations Organisational applications including supervision coaching and leadership Frequently asked questions This book is an invaluable resource for all therapists and counsellors whether in training or practice It will also be essential for any professional whose job it is to help people make changes in their lives and will therefore be of interest to social workers probation officers psychiatric staff doctors and teachers as well as those working in organisations as coaches and managers

The Art of Solution Focused Therapy Elliott Connie, MA, LPC, Linda Metcalf, MEd, PhD, LMFT, LPC, 2009-06-15
What is Solution Focused Therapy Solution Focused Therapy SFT is a unique goal directed therapy aimed at helping clients regain autonomy by determining and achieving their own goals Solution focused therapists encourage clients to focus on solutions not problems and help clients effectively plan how to reach their goals Unlike other therapies SFT holds an abiding belief in clients abilities to know what is best for them rather than have a therapist tell them Why this book This book not only provides an overview of the Solution Focused therapy model its basic tenets and theories it also presents intimate interviews with expert practitioners all of whom use SFT in their own practice To this end the book offers a wealth of insight into the theory and practice of SFT to help practitioners decide whether SFT is right for them and their clients These experts offer details of their apprehensions goals breakthroughs and overall experiences with the therapy The team of expert contributors includes Eve Lipchik Yvonne Dolan Alasdair Macdonald Thorana Nelson and many more Questions the experts address include How did you discover that SFT was the model that fit your clients needs What characteristics of this model drew you towards it How has SFT impacted your personal life What is it about SFT that makes it so effective What are your favorite cases and how did they affect your work as a therapist

Solution-Focused Therapy Bill O'Connell, 2012-10-03
Struggling with the intricacies of Solution Focused theory skills or practice Wanting to learn more about providing brief practically based solution focused interventions across many therapeutic settings As part of the popular Brief Therapies Series this long

awaited third edition will tell you all you need to know about Solution Focused Therapy SFT and more This popular introduction takes you step by step through the counselling process providing insight into how to structure and manage your therapeutic work in ways that are grounded in Solution Focused principles This book includes a detailed introduction to the theory and practice of brief therapy a discussion of the foundations of SFT exercises to use with clients and or trainees brand new case examples relating theory directly to practice an insightful reflection on the journey of the practitioner From leading Solution Focused expert Bill O Connell this book will not only provide practical guidelines and theoretical background for the beginner but support and inspiration for the more experienced Bill O Connell is Director of Training for Focus on Solutions Limited in Birmingham He was previously Head of the Counselling Department at Westhill College of Higher Education Birmingham and is co editor of Handbook of Solution Focused Therapy SAGE 2003

Doing What Works in Brief Therapy Ellen K. Quick, 2008-03-11 Doing What Works in Brief Therapy A Strategic Solution Focused Approach is both a set of procedures for the therapist and a philosophy one that is shared with clients and one that guides the work of the therapist This second edition continues its excellence in offering clinicians a guide to doing what works in brief therapy for whom and when and how to use it Psychotherapy that follows these guidelines validates the client s most important concerns and it often turns out to be surprisingly brief Author Ellen Quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteristics and preferences With clinically rich examples throughout this book offers applications for couples including indications for individual or conjoint sessions Chapter summaries highlighting key points Presents ways of eliciting what clients most want to remember Describes the Doing What Works Group including outcome research findings and all materials needed to run the group Addresses the relationship among the positive psychology movement and this approach and the potential for collaboration Emphasizes an acceptance based stance and how acceptance commonly leads to change Proposes that doing what works and changing what doesn t can provide a transtheoretical perspective for therapists of any orientation

Casebook of the Brief Psychotherapies Richard A. Wells, Vincent J. Giannetti, 2013-11-11 Following the publication of the Handbook of the Brief Psychotherapies Wells Giannetti 1990 the editors began to conceptualize the idea of a collection of case studies encompassing a number of the commonly encountered clinical problems that have been treated with such approaches The Casebook of the Brief Psychotherapies is the result The Case book details clinical interventions with client populations as diverse as substance abusers torture victims the physically handicapped and other exceptional groups and the economically disadvantaged with emotional and behavioral problems as well as individuals experiencing sexual dysfunction or eating disorders In addition topics such as bereavement depression anger and many crucial aspects of marital and family therapy are discussed by eminent clinical practitioners Although the cases draw heavily upon cognitive behavioral and strategic structural formulations psychodynamic interpersonal and experiential approaches are also included The Casebook is clinically oriented

with a minimum of theory Am ple case material and commentary allow the reader to experience direct ly the application of brief therapy to specific client problems What emerges from this compendium of approaches and problems is a tap estry of action oriented problem solving skill building rational ap proaches to therapy that balance the client s ability to change with the demands and limits of time

Solution-Focused Therapy Alasdair Macdonald,2011-08-12 This second edition of Solution focused Therapy remains the most accessible yet comprehensive case based introduction to the history theory research and practice of solution focused therapy SFT within mental health care and beyond Drawing on contemporary research and the author s own extensive experience the fully revised and updated new edition includes discussion of recent developments relevant to research and training a new chapter on challenges to SFT and the integration of SFT with other therapeutic approaches extended discussion on ethical issues topical exploration of the application of SFT with patients with personality disorders and dementias contemporary research on solution focused coaching and approaches to organizational change new case material This highly practical guide should be on the desk of every student or trainee studying this strongly supported growing approach It is also a useful resource for practitioners wanting to update their core skills and knowledge

Mastering the Art of Solution-Focused Counseling Jeffrey T. Guterman,2014-12-08 The most current trends in solution focused counseling are explored in the latest edition of this updated and expanded text Dr Guterman provides a comprehensive and straightforward discussion of solution focused theory and describes how the model can be used throughout the therapeutic process Clinical techniques and detailed case studies illustrate counseling with clients experiencing a range of problems including depression substance abuse grief morbid jealousy and trichotillomania New chapters and sections in this edition address anxiety eating disorders migraine headache psychosis spiritual and religious problems self injurious behavior and suicide Additional features include excerpts of dialogue from actual counseling sessions sample forms and supplementary materials and troubleshooting tips for getting unstuck in difficult cases Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to publications.counseling.org

More Than Miracles Steve de Shazer,Yvonne Dolan,2012-01-26 The latest developments in this groundbreaking therapy approach More Than Miracles The State of the Art of Solution Focused Brief Therapy is a ground breaking intellectually provocative book revealing new advances in the widely used evidence based Solution focused Brief Therapy SFBT approach The final work of world renowned family therapists and original developers of SFBT the late Steve de Shazer and Insoo Kim Berg who passed away shortly before the book s release this definitive resource provides the most up to date information available on this eminently practical internationally acclaimed approach New revelations about the impact of language in therapeutic change are presented precisely and clearly illustrated with real life case examples that give readers a hands on view of the newest technical refinements in the SF approach Challenging questions about the applications of SFBT to complex problems in

difficult settings are given thoughtful detailed answers The book s unique design allows the reader to listen in on the lively discussions that took place as the authors watched therapy sessions The solution focused brief therapy approach is based upon researchers observing thousands of hours of psychotherapy sessions and studying which questions and responses were most effective in helping people develop solutions to their problems More Than Miracles The State of the Art of Solution Focused Brief Therapy is the most up to date comprehensive review of this approach This book discusses the latest developments in the fields of family therapy brief therapy and psychotherapy training and practice A succinct overview orients the reader to the current state of SFBT and provides three real life case transcripts that vividly illustrate the practical applications of SFBT techniques The seminar format of More Than Miracles The State of the Art of Solution Focused Brief Therapy allows readers to sit in on surprising psychotherapy sessions eavesdrop on the authors commentary about the sessions get a comprehensive overview on the current state of SFBT review and understand the major tenets of SFBT learn specific interventions including the miracle question and the reasons for asking it understand treatment applicability read actual session transcripts understand the miracle scale get insight into the unique relationship between Wittgenstein s philosophy and SFBT better understand SFBT and emotions examine misconceptions about SFBT and more More Than Miracles The State of the Art of Solution Focused Brief Therapy is illuminating reading for psychotherapists counselors human services personnel health care workers and teachers

Handbook of Solution-Focused Therapy Bill O'Connell, Stephen Palmer, 2003-08-20 On a scale of 0 10 I would give the Handbook of Solution Focused Therapy a nine it met my best hopes in terms of an insight into the theory and mechanics of SFT and gave me ideas for extending my current use of the therapy I found it engaging readable and well presented with useful reference lists within each chapter to guide further reading Solution News This collection of fifteen chapters each written by a different specialist in the SFT field is a valuable contribution to the Solution Focused therapist s bookshelf A must read for any informed SF therapy practitioner Mark McKergow The Solutions Focus This book has 14 chapters on diverse applications of Solution Focus between introductory and closing chapters by Bill O Connell The book relates to work being done in the UK and in Ireland excepting Alasdair MacDonald s piece on research in SFT which is an up to date and welcome review of research findings world wide All the chapters are succinct and they convey a clear impression of the lightness and excitement of this approach for service users and therapists alike The book is a good read for any therapist professional helper or service manager Robert Cumming Nurturing Potential Solution Focused therapy is an increasingly popular approach used by practitioners in a wide range of contexts and settings Illustrating the breadth and depth of contemporary practice the Handbook of Solution Focused Therapy brings together contributions from leading practitioners in fields such as social work education and health care to show how solution focused techniques can be effective in many different situations Beginning with an introduction to the origins and theory of the approach the book examines different areas of practice explaining how and why the solution focused approach

is applicable and highlighting the issues specific to each context Each chapter features a case example which demonstrates the practical advantages and difficulties involved in using the solution focused approach The Handbook of Solution Focused Therapy is an ideal text for training courses in solution focused therapy and a source of new ideas for practitioners trained in other approaches who want to integrate solution focused techniques with their existing practice Bill O Connell is a Senior Lecturer in Counselling at University of Birmingham and author of Solution Focused Therapy SAGE 1998 and Solution Focused Stress Counselling Continuum 2001 Professor Stephen Palmer is Director of the Centre for Stress Management and the Centre for Coaching London He has written and edited over 25 books

Solution-Focused Brief Therapy Johnny S. Kim, Ph.D.,2013-07-23 Solution Focused Brief Therapy by Johnny S Kim is the first book in the field to provide a practical overview of the essentials of solution focused brief therapy SFBT from a multicultural perspective including intervention skills research applications and implications for practice Case examples illustrate SFBT in action with a wide range of client populations In addition the book incorporates recommendations from the recently developed and approved SFBT treatment manual published by the Solution Focused Brief Therapy Association

Solution-Focused Brief Therapy Teri Pichot,Yvonne M Dolan,2014-02-04 Re energize your practice Solution Focused Brief Therapy Its Effective Use in Agency Settings chronicles the lessons learned when a substance abuse counseling program switches its theoretical orientation from problem focused to solution focused The book details the technical aspects of the changeover theory techniques interventions politics and team design as well as the personal struggles the team endured and the successes they enjoyed It demonstrates how solution focused therapy can be applied to both clinical and administrative work while addressing questions and concerns providing general information and help in understanding the subtleties and idiosyncrasies of the treatment Solution Focused Brief Therapy is a practical step by step guide to individual and group solution focused therapy presenting a new and effective method of working with clients that re energizes therapists and benefits administrators and clinical supervisors The book provides clear descriptions of basic interventions and philosophy highlights points of contrast with more traditional approaches examines the principles behind the Miracle Question and demonstrates how to integrate relapse prevention help clients maintain therapeutic gains and communicate effectively with colleagues who represent different philosophies Solution Focused Brief Therapy provides a thorough understanding of solution focused therapy through the use of case studies interviews with therapists sample forms tables and much more Solution Focused Brief Therapy Its Effective Use in Agency Settings is ideal for professionals interested in implementing solution focused therapy into individual group or agency settings including child protection agencies community mental health clinics private practices sexual abuse programs substance abuse treatment family based services and academics working in substance abuse counseling social work psychology and general counseling

Directive Play Therapy Elsa Soto Leggett, PhD, LPC-S, RPT-S,Jennifer N. Boswell, PhD, LPC-S, NCC, RPT,2016-10-26 Structured therapist led approaches to play therapy are becoming increasingly popular

due to their time limited nature and efficacy for such specific disorders as trauma and attachment issues This is the first book to provide comprehensive coverage of numerous directive play therapy techniques and interventions that are empirically validated and can be adapted for use in clinical school group and family settings Designed for both students and practitioners the text addresses the theoretical bases for these approaches and provides in depth practical guidance for their use The book describes how directive play therapies differ from nondirective therapies and illustrates best practices in using directive techniques It examines such diverse approaches as cognitive behavioral solution focused sensorimotor and the use of creative arts in play therapy Each approach is covered in terms of its theoretical foundation research basis specific techniques for practice and a case example The text describes how to adapt directive play therapy techniques for use in various contexts such as with families in groups and in schools Helpful templates for treatment planning and case documentation are also included making the book a valuable resource for both training courses and practicing professionals in play therapy clinical mental health counseling child counseling school counseling child and family social work marriage and family therapy and clinical child psychology

Key Features Delivers step by step guidance for using directive play therapy techniques the first book to do so Addresses theoretical basis research support and practical techniques for a diverse range of therapies Covers varied settings and contexts including school clinical group and family settings Includes case studies Provides templates for treatment planning and case documentation

Learning Solution-Focused Therapy Anne Bodmer Lutz, B.S.N., M.D., 2013-11-06 Solution focused therapy is an evidenced based practice that focuses on creating conversations that build solutions rather than solve problems Learning Solution Focused Therapy An Illustrated Guide teaches readers how to practice and become competent in conducting solution focused therapy an area of growing interest as the emphasis on brief therapy increases Critical to the book s learning strategy is the generous use of case illustrations that are detailed rich and instructive without being overly didactic The case approach provides an effective means for seeing concepts put into practice and since medicine is becoming more patient focused the solution focused therapy model is highly relevant Organized to show how a solution focused interview is conducted the book presents the basic model and goes on to apply this model in psychopharmacology addiction supervision and consultation Each chapter combines readings solution focused questions case illustrations learning exercises and video demonstrations available online which together constitute a comprehensive course in this therapeutic modality Moreover the author s conversational writing style makes the tenets and techniques accessible and interesting to a wide variety of clinicians Learning Solution Focused Therapy An Illustrated Guide will appeal to clinicians who wish to enhance their skills and support their patients growth in a positive way

Solution Focused Brief Therapy Harvey Ratner, Evan George, Chris Iveson, 2012 This book provides a concise and jargon free guide to the thinking and practice of this exciting approach enabling people to make changes in their lives in the shortest possible time

Solution Building in Couples Therapy Elliott Connie, MA, LPC, 2012-09-14 This brief volume presents the basic

premises of solution building liberally enriched with examples This is a remarkable book the first of its kind radical in its message written about couples but also suitable for all manner of referrals Choice Current Reviews for Academic Libraries Elliott Connie has written a remarkable book Read it and you will be taken on a journey If you are new to the world of solution focused brief therapy beware This book could capture your heart As Elliott says from the very beginning solution focused brief therapy is simple so simple it is really hard to learn And from this book if you set out to do so you could teach yourself how to become a competent solution focused brief therapist It is all here laid out clearly packed with examples from the real world of therapy repeated and repeated like onion skins each repetition releasing its own flavour a variation on a theme a new understanding of something already known Chris Iveson MA BRIEF London UK Working with couples presents psychotherapists and counselors with a unique set of challenges such that many therapists prefer not to work with couples or attempt to avoid it entirely In the first book written about solution focused therapy SFT with couples author Elliott Connie describes how his use of SFT made working with couples a pleasure rather than a burden The solution focused approach is one that facilitates cooperation between partners in the creation of an agreed upon future rather than merely focusing on the problems that have come to define the relationship Beginning with a clear explanation of the assumptions and tenets required for the practice of SFT this book presents a step by step breakdown of exactly how to conduct solution building sessions with couples Each chapter focuses on a different part of the therapeutic process and includes sample dialogues techniques and vignettes drawn from the author s own extensive practice Readers will feel as though they themselves are going through the therapeutic process with the couples and observing the impact of each step of the process Numerous exercises and common solution focused questions help readers integrate this new material into their repertoire for immediate use Key Features Provides a unique view of couples therapy in action using the solution focused approach Includes actual questions to ask clients sample dialogues and sample homework assignments Features examples drawn from actual cases illustrating techniques used in practice with real couples Presents scales to measure progress and supporting research for the application of solution focused therapy to couples counseling

Solution-Focused Groupwork John Sharry, 2007-10-25 Solution Focused Groupwork 2001 was a major contribution to the literature on groupwork It has been one of this author s most influential books The Second Edition contains much new material including the uses of problem talk an activity normally avoided by solution focused therapists Preparation for groups client motivation and collaboration are all explored in detail The role of or necessity for social time to be built into the therapy model is an interesting and novel idea Suggestions are made for client evaluation and for creative exercises to enhance the group process All in all the result is a valuable and readable new edition Dr Alasdair J Macdonald Enlightening clearly written and helpfully presented The book echoes what Solution Focused Groupwork is all about being practical and optimistic about human potential David Jaques Author of Learning in Groups A fund of practical wisdom which will give confidence and encouragement to everyone trying to

run groups along solution focused lines Bill O Connell Focus on Solutions Limited Birmingham John Sharry has drawn on a combination of extensive experience in running groups and a thorough understanding of current developments to produce an inspiring and practical guide to this powerful way of helping people to change I have recommended the first edition many times and have been sharing the good news of this new edition ever since I knew it was under way John Wheeler MA UKCP Registered Family Therapist Social Worker and Independent Trainer Sharry s book offers a persuasive alternative to traditional methods of group practice The new edition enhances the applicability of an already major contribution to solution focused practice It is obviously written from a real practitioner who understands the process and elements of group work He offers excellent case material throughout to help demonstrated the skills and values of this approach and does so in a readable and engaging manner suitable for students and professionals at all levels of expertise Professor Robert Blundo Ph D LCSW Strengths Collaborative Department of Social Work University of North Carolina Wilmington Wilmington NC U S A This slim tautly written volume disguises an enormously practical treasure store to help group facilitators Solution Focused Groupwork should be essential reading Barbara Wilson Family Mediation in Practice Solution Focused Groupwork Second Edition is a highly practical guide for all professionals who use groups to help people For those new to the solution focused approach it provides a clear step by step introduction while for more experienced practitioners it presents ideas and techniques which can be readily integrated into existing practice Using carefully selected case studies John Sharry takes readers through the various stages in the therapeutic process from getting started to the final session He also provides creative exercises for use in practice guidance on evaluating the outcomes of group work and a new model for group supervision A real strength of the book is in showing practitioners how to create a constructive positive and solution focused group culture and how to maintain this culture in spite of the challenges tensions and difficulties that naturally arise within groups John Sharry is a Principal Social Worker in the Department of Child and Family Psychiatry Mater Hospital and part time Director of the Brief Therapy Group Private Practice and Consultancy

Solution-Focused Counseling in Schools

John J. Murphy, 2015-01-29 The third edition of this widely adopted text covers the philosophical foundations and nuts and bolts of using solution focused counseling to help preschool 12 students resolve problems Dr Murphy s practical and respectful approach has been successfully applied throughout the world by school counselors counselors in training psychologists social workers teachers administrators and clinicians who work with young clients His empowering techniques help students focus on doing what works as simply and efficiently as possible by using their strengths resources wisdom and feedback This edition includes new chapters and information on the restrictive influence of problems strategies for building positive relationships collecting client feedback to monitor and improve services and coconstructing solvable problems and reachable goals Real life case examples sample dialog from counseling sessions discussion and practice exercises troubleshooting tips and new and expanded appendixes enhance the book s classroom and clinical utility A complimentary

test manual and PowerPoint slides for instructors use are available by written request to ACA Requests for digital versions from the ACA can be found on wiley.com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to permissions.counseling.org

Solution-Focused Therapy
Alasdair J. Macdonald, 2007 This well structured book should prove a leading text in the solution focused therapy SFT world and will serve as an excellent overview of SFT on those training courses integratively oriented towards the immediate needs of many services and their clients This book will please both SFT aficionados and those like me who are sceptical but open to some persuasion The author has done a superb job of representing SFT in an up to date rigorous and accessible way and has incidentally shown what a concise text on any core theoretical model should look like

Colin Feltham *Therapy Today* Packed full of ideas and exercises for trainers and therapists An essential read for professionals wishing to develop their solution focused practice Alasdair communicates the wisdom accumulated over years as a practitioner researcher and enthusiast for the solution focused approach

Bill O Connell Director of Training with Focus on Solutions Limited Birmingham Alasdair MacDonald has produced a landmark in the development of solution focused approaches He brings together the history research and evidence for SF practice with many practical strategies for contexts from severe mental health cases to workplace conflict The book is packed with concise insights connections and thought provoking questions presented with great authority and clarity

Mark McKergow PhD MBA author of *The Solutions Focus The SIMPLE Way to Positive Change* and co founder of SolWorld Alasdair's book is a welcome addition to the literature in the field of Solution Focused Brief Therapy His wealth of experience in this approach to therapy is effectively communicated through simple explanations of solution focused skills and useful examples of therapist client interactions that illustrate implementation The book contributes and builds upon the existing literature The chapter regarding ethical considerations is unique for a book outlining this therapeutic approach and the chapter exploring the status of SFBT research is contemporary and comprehensive Alasdair's book will be a useful resource for those students training in the SFBT approach

Fred Ruddick Senior Lecturer Mental Health Studies RMN RGN Advanced Dip Counselling MA Counselling This book by Alasdair Macdonald provides an interesting and useful introduction to solution focused brief therapy from the perspective of a well respected consultant psychiatrist The chapters on research and the history of brief therapy will be valued by experienced solution focused practitioners and provides an excellent picture of the current place of solution focused brief therapy in contemporary mental health practice

Rayya Ghul co author of *Creating Positive Futures Solution Focused Recovery from Mental Distress* Alasdair has made a particular and important contribution to the world of solution focused brief therapy through his long standing interest in research This interest and his background in adult mental health work are both reflected in this book thereby setting it apart from other introductions to the approach At a time when resources are tight and professionals under pressure this book highlights the particular relevance and flexibility of the solution focused approach

which can be drawn upon usefully by clinicians and managers alike Evan George BRIEF London Solution focused therapy is a relatively new but strongly supported and growing approach Solution Focused Therapy Theory Research Practice contains an overview of current research in the area and an account of the use of solution focused approaches in various relevant therapeutic situations As well as outlining the model and basic principles the text also summarises the evidence base for solution focused therapy discusses ethical issues and includes a series of chapters on applications of the approach with illustrative case studies A specific feature of this book is its use with acute and long term mental illness and the application of the method to a variety of situations in management and in resolving disagreements A helpful resource for experienced practitioners Solution Focused Therapy Theory Research Practice also contains instructional material and guidance and is thus an accessible and valuable text for trainees Dr Alasdair J Macdonald has been a Consultant Psychiatrist in the NHS since 1980 and currently holds an honorary contract with North Dorset Primary Care Trust He is the Research Coordinator and former President and Secretary of the European Brief Therapy Association and is currently a psychotherapist and supervisor in private practice in Dorset

Solution Focused Narrative Therapy Linda Metcalf, MEd, PhD, LMFT, LPC, 2017-03-01 Introduces a Powerful New Brief Therapy Approach This groundbreaking book is the first to provide a comprehensive model for effectively blending the two main postmodern brief therapy approaches solution focused and narrative therapies It harnesses the power of both models the strengths based problem solving approach of SFT and the value honoring and re descriptive approach of Narrative Therapy to offer brief effective help to clients that builds on their strengths and abilities to envision and craft preferred outcomes Authored by a leading trainer teacher and practitioner in the field the book provides an overview of the history of both models and outlines their differences similarities limitations and strengths It then demonstrates how to blend these two approaches in working with such issues as trauma addictions grief relationship issues family therapy and mood issues Each concern is illustrated with a case study from practice with individual adults adolescents children and families Useful client dialogue and forms are included to help the clinician guide clients in practice Each chapter concludes with a summary describing and reinforcing the principles of the topic and a personal exercise so the reader can experience the approach first hand Key Features Describes how two popular postmodern therapy models are combined to create a powerful new therapeutic approach the first book to do so Includes case studies reflecting the model s use with individual adults children adolescents and families Provides supporting dialogue and forms for practitioners Authored by a leading figure in SFT and its application in a variety of setting Presents an overview of the history of both models

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