



Solution-Focused Brief Therapy: Its Effective Use in Agency Settings (Haworth Marriage and the Family)

Teri Pichot, Yvonne M Dolan

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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!

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