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Becoming a Solution Detective: A Strengths-Based Guide to Brief Therapy (Paperback)

By John Sharry, Brendan Madden, Melissa Darmody

Taylor Francis Ltd, United Kingdom, 2012. Paperback. Book Condition: New. 2nd Revised edition. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are interested in making your practice solution-focused quickly and effectively, look no further than this text. The authors, co-founders of the Brief Therapy Group, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant for newcomers to the field and for professionals seeking to apply SFBT principles in their own practices. The book's hands-on approach allows practitioners to adopt the authors' simple, self-teaching style and apply it to their work with clients. Practical information is included on: * the differences between the solution-based approach and traditional therapy * establishing a successful therapeutic alliance with clients * determining detailed, meaningful goals for the client * mapping the client's journey to a solution * possible dead ends in applying this type of therapy * and much more! As an academic textbook, it is ideal for individual study in a variety of courses, including social work, counseling, nursing, psychology, education, and any other helping professions.



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