

Solution Focused Brief Therapy Assessment

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Solution-focused Brief Therapy in Schools John Wiley & Sons

Solution-based casework is an approach to assessment, case planning, and case management that combines what we know from clinical social work with what we value about sound social work practice. It is grounded in family-centered social work and draws from clinical approaches within social work and mental health. By integrating problem- and solution-focused approaches that form the clinical and social work traditions, treatment partnerships are more easily formed between family, caseworker, and service provider. **Solution-Based Casework** is a skill-based, practice-oriented text that provides the specific guidance that students and new practitioners need in order to make sense quickly of the complex tasks of assessment and case planning in child welfare. The book flows out of a long practice experience, and was developed in consultation with workers and supervisors who were attempting to remedy problems viewed as contributing to recurrent abuse and neglect. It seeks to end adversarial relationships in casework and advocates case plans based on specific outcome skills rather than on those written with vague outcome goals measuring attendance in counseling. It serves as a common conceptual framework for integrating disparate segments of a response network, thereby allowing all providers in a therapeutic system to work toward common goals. The text is divided into three sections. In Section I the conceptual history and theoretical foundations of solution-based casework are presented so that the reader can place this approach to casework within the ongoing professional conversation about what constitutes sound practice; Section II addresses issues of assessment and case planning; Section III focuses on case management issues and how treatment team members experience a solution-based casework approach. Dana N. Christensen is professor and director of the Center for Family Resource Development, Kent School of Social Work, University of Louisville. Jeffrey Todahl is assistant professor, with a specialization in Marriage and Family Therapy, College of Education, University of Oregon. William C. Barrett is in private practice, Family Intervention of Kentucky, Frankfort, Kentucky.

Preventing Suicide SAGE

Revised edition of: *Solution-focused brief therapy in schools: a 360-degree view of research and practice* / Michael S. Kelly, Johnny S. Kim, Cynthia Franklin.

Solution-based Casework Routledge

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.

Working with Solution Focused Brief Therapy in Healthcare Settings Aldine De Gruyter

Solution-Focused Play Therapy is an essential text that blends the process of play therapy with solution-focused therapy. With a focus on child strengths and resources, this book identifies key concepts and principles in solution-focused play therapy (SFPT). The author provides neurobiological and developmental support for SFPT and guidance on how practitioners can transition from using a non-directive approach to a more directive and activity-based approach based on the developmental needs of the child. Chapters describe the 12 basic skills needed for employing this approach with children of all ages and their families. Harnessing a strengths-oriented approach, the author presents expressive ways to use key SFPT techniques, including the miracle question, scaling, finding exceptions, and end-of-session feedback. Clinicians will come away from the book with a suite of interventions, strategies, handouts, and forms that can be employed with children of all ages and their families, from strength-based assessment and treatment planning to the final celebration session.

Family Preservation Taylor & Francis

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. Ample case material and commentary allow the reader to experience directly the application of brief therapy to specific client problems. What emerges from this compendium of approaches and problems is a tapestry of action-oriented, problem-solving, skill-building, rational approaches to therapy that balance the client's ability to change with the demands and limits of time.

Working with Children and Teenagers Using Solution Focused Approaches Oxford University Press

The one-of-a-kind book that provides training exercises illustrating solution-focused brief therapy! As we recognize our own problem behavior in our lives, most of us struggle for ways to change it. Solution-focused brief therapy is the highly effective practice that works by changing concentration from 'problem' behavior to 'solution' behavior in just a few sessions. **Education and Training in Solution-Focused Brief Therapy** presents articles, essays, and a multitude of exercises that explain this unique type of therapy with an eye toward helping readers to use the ideas for use in their own training and practice. Detailed descriptions of training workshops and exercises spotlight the experiences of SFBT therapists to illuminate in-depth basic concepts and strategies. **Education and Training in Solution-Focused Brief Therapy** relies on two fundamental ideas, that of a therapist discovering and reinforcing a client's existing solutions and exceptions to the problem. Expert trainers discuss strategies that work for training and practicing Solution-focused brief therapy. Several exercises for clients are examined, as well as exercises for the training and supervision of other practitioners learning the process. Exercises include The Name Game, the Complaining Exercise, Inside and Outside, the 'Deck of Trumps,' and the Solution-Focused Scavenger Hunt. Each chapter explains the circumstances in which to use each exercise, the best ways to enhance effectiveness, and how to stay on track in the teaching or training. This one-of-a-kind book includes helpful tables, thorough questionnaires, penetrating

case studies, and each chapter is extensively referenced. **Education and Training in Solution-Focused Brief Therapy** discusses brief therapy principles such as: negotiating goals engagement through complimenting future orientation language should be imaginative and positive explanations and actions taken to solve problems are interconnected challenging the perceived causes of problems reframing the problem so that it becomes a friend acknowledgement and acceptance of client **Education and Training in Solution-Focused Brief Therapy** brings together essential ideas, suggestions, strategies, and exercises for solution-focused brief therapy training, making this an invaluable resource for solution-focused brief therapists and therapists who teach and train this form of therapy.

Solution-Focused Therapy SAGE

Solution focused brief therapy is an evidence-based approach that enables people to make meaningful change in their everyday lives. This book shares ideas on how speech and language therapists and others working in medical settings can integrate SFBT into their therapeutic interactions to support clients handling acute or chronic health conditions. It outlines core aspects of the approach in an accessible format, bridging the gap between theory and practice, and provides guidance on adapting SFBT for clients living with communication disabilities. There are suggestions for different clinical situations, with real-life case examples drawn from working with people living with Parkinson's disease, stroke, motor neurone disease, cancer and chronic pain. Combining practical advice with photocopiable resources, this book covers: Establishing person-centred, holistic goals for therapy Future focused descriptions Building on a person's resources and successes Responding to distress Supervision and support This accessible book can be read as an introductory text for those new to this approach and will also be invaluable to clinicians who have already received some training in SFBT. It is likely to become a trusted resource, supporting allied health professionals and others to ensure their therapy is grounded in client priorities.

Handbook of Solution-Focused Brief Therapy Oxford University Press

Step-by-step guide to solution-focused therapy. Focuses on the future instead of the past, and on the client's strengths instead of symptoms. Explains techniques, gives insights, and includes many case studies.

Opportunities in Solution-Focused Interviewing Springer Science & Business Media

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101 More Interventions in Family Therapy Jossey-Bass

In this engaging new book, authors Franklin and Jordan work in conjunction with well-known contributors from the field to present an applied discussion of current trends in today's practice environments. The book's comprehensive overview of different practice models in family therapy prepares students for work in today's practice contexts of managed behavioral health care and short-term treatment. The authors present the history, theory, and techniques of numerous models, including: structural, strategy-based, cognitive-behavioral, solution-focused, post-modern practice, psychoeducational, and family preservation perspectives. **Family Practice** includes detailed case transcripts and practice examples in every chapter that enhance its practice-friendly approach to learning. You'll also find sections in each chapter on: consistency within social work practice, research support, critiques, and relevance for use in managed care. Additional chapters cover family assessment, gender issues, gay and lesbian families, ethnic families, and family policy issues; a concluding chapter focuses on new directions in brief family practice.

Solution-based Casework Brooks Cole

New edition of an acclaimed manual which uses the solution focused approach to take an empathetic and validating approach to working with individuals considering suicide. Offers invaluable guidance for suicide prevention by showing "what works" in treating those struggling with

suicidal thoughts Provides straightforward ways to deal frankly with the subject of suicide, along with a range of tools and techniques that are helpful to clients Includes actual dialogue between practitioners and clients to allow readers to gain a better understanding of how to work with suicidal clients Compares and contrasts a ground-breaking approach to suicide prevention with more traditional approaches to risk assessment and management Features numerous updates and revisions along with brand new sections dealing with the international landscape, blaming the suicided person, Dr Alys Cole-King's 'Connecting with People', and telephone work with the suicidal, Human Givens Therapy, and zero suicide

The Solution Focused Approach with Children and Young People
Jessica Kingsley Publishers

Solution focused approaches offer proven ways of helping children overcome a whole range of difficulties, from academic problems to mental health issues, by helping them to identify their strengths and achievements. Based on solution focused practice principles, this book illustrates communication skills and playful techniques for working with all children and young people, regardless of any health, learning or development need. It demonstrates how the approach can capture children's views, wishes and worries, and can assist them in identifying their strengths and abilities. The approach encourages positive decision-making, and helps children to overcome challenges, achieve their goals and reach their full potential. The book is packed with case examples, practical strategies, and practice activities. This valuable text will be of great use to a range of practitioners working with children and young people, including social workers, youth workers, counsellors, teachers and nurses.

Handbook of Solution-Focused Therapy Routledge

Learning Solution-Focused Therapy: An Illustrated Guide bridges the gap between the traditional medical model of problem-focused assessment and treatment and the newer, increasingly popular strength-based treatment approach. The author's objective is to provide another therapeutic dimension, thus enhancing problem-focused treatment and supporting competency in this strength-based modality. Psychiatrists, pediatricians, family practitioners, nurses, and other mental health providers will appreciate the how-to focus of the text, its compelling, case-based approach to learning, and its informal, conversational writing style. The book's structure and features are designed to facilitate learning: The book begins with an overview of the core tenets of solution-focused therapy, starting with solution-focused case review and examining both solution-focused core assumptions and core questions. This helps the reader understand the foundation of this modality and put it into context. A primary objective is building the skills necessary to effective solution-based therapy, and the book includes instruction on conducting a solution-focused interview, establishing a framework of strengths and resources, developing a yes-set, negotiating goals, amplifying ambivalence, and dealing with crisis. Solution-focused techniques are integrated within supervision and consultation, an approach that clinicians who work with students and residents, and supervisors who work within agencies will find immensely useful. Solution-focused psychopharmacotherapy and addiction therapy merit complete chapters, providing information that clinicians will find invaluable when applying solution-focused techniques in these situations. The case illustrations vividly render the dialogue of patient and therapist, and are accompanied by detailed explanations and commentary in italics to help the reader learn how to practice this model of treatment. Companion videos (available online) present commonly used techniques that illustrate key features of solution-focused therapy in a compelling and enlightening way. Learning Solution-Focused Therapy: An Illustrated Guide provides learning exercises and case illustrations that will help the reader implement practical strategies immediately with patients, students, supervisees and trainees. Practical, engaging, and evidence-based, this book will enhance the clinician's ability to connect with and help the patient in a positive way.

Solution Focused Narrative Therapy Academic Press

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

Family Practice John Wiley & Sons

This definitive guide for succeeding in an era of managed care offers mental health practitioners the tools for applying solution-focused brief therapy (SFBT) techniques.

Education and Training in Solution-Focused Brief Therapy
Springer Publishing Company

"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, enabling people to make changes in their lives quickly and effectively. It covers: - This history and background to solution focused practice - The philosophical underpinnings of the approach - Dealing with difficult situations - Specific applications to children, adolescents, families, and schools - 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"--

Solution Focused Brief Therapy American Psychiatric Pub

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

Doing What Works in Brief Therapy Routledge

Solution-Focused Substance Abuse Treatment describes the standard of care for substance abuse treatment, demonstrates how solution-focused brief therapy exceeds this standard, and shows how it can effectively be used in substance abuse evaluation, case management, and both individual and group treatment. Beginning and advanced concepts are provided to address the questions of even the most advanced clinician, all placed in the context of cultural awareness. Most importantly, the author answers the many questions professionals may have about how solution-focused brief therapy can be successfully integrated into the field of substance abuse. It provides a thorough understanding of the issues that therapists face when working with this at times challenging population, and demonstrates how the use of solution-focused brief therapy can minimize power struggles and enhance client success. Sample forms and handouts are included, as are additional resources for effective evaluation and treatment.

Solution-Focused Play Therapy Taylor & Francis

A comprehensive, theory-based approach to working with youngclients in both school and clinical settings Counseling and Psychotherapy with Children and Adolescents,Fifth Edition provides mental health professionals and studentswith state-of-the-art theory and practical guidance for majorcontemporary psychotherapeutic schools of thought. Children andadolescents are not just small adults; they have their own needs,requirements, and desires, on top of the issues presented bystill-developing brains and limited life perspective. Providingcare for young clients requires a deep understanding of theinterventions and approaches that work alongside growing brains,and the practical skill to change course to align with evolvingpersonalities. The thoroughly revised fifth edition is acomprehensive reference, complete with expert insight. Organized around theory, this book covers both clinical andschool settings in the fields of psychology, counseling, and socialwork. Coverage of the latest thinking and practice includesCognitive Behavioral, Rational-Emotive, Reality Therapy, SolutionFocused, Family Systems, and Play Therapy, providing a completeresource for any mental health expert who works with youngpeople. Understand the major approaches to counseling andpsychotherapeutic interventions Discover the ethical and legal implications of working withchildren and adolescents Learn how to employ culturally responsive counseling withyounger clients Examine interventions for children and adolescents withdisabilities and health care needs This updated edition includes a stronger emphasis on theclinical application of theory to specific disorders of childhoodand adolescence, and new coverage of the legal and ethical issuesrelated to social media. Chapters include a case studies and onlineresources that make it ideal for classroom use, and new chapters onSolution-Focused Therapy and Play Therapy enhance usefulness top practicing therapists. Expert guidance covers techniques forworking with individuals, groups, and parents, and explores theefficacy of the theories under discussion.

Skills in Solution Focused Brief Counselling and Psychotherapy
Routledge

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