

Solution Focused Therapy Assessment

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Learning Solution-Focused Therapy Routledge

Apply the major psychotherapy theories into practice with this comprehensive text *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques*, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, *Counseling and Psychotherapy Theories in Context and Practice* is an illuminating text with outstanding practical value.

Solution Focused Practice in End-of-Life and Grief Counseling SAGE

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.

Marriage and Family Therapy (MFT) National Exam SAGE

The purpose of this study was to compare clients' assessment of two different counseling intake procedures used by clinicians. This study compared a Solution-Focused Brief Therapy (SFBT) intake intervention with an intake intervention constructed from the Structured Clinical Interview for the DSM-IV Axis I Disorders (SCID-I). The SCID-I is one of the most widely used diagnostic interviews and reflects a "gold standard" in formulating accurate diagnoses. The SFBT intake intervention developed for this study stands in stark contrast to the SCID-I and its primary objective, evaluation of the problem. SFBT is a strength-based model that maintains a positive and future-oriented focus. This model is deliberate in its focus on initiating and maintaining discussions of strengths, resources, and solutions as opposed to problems. Many mental health agencies believe that a comprehensive psychological intake interview or assessment, in which information is gleaned from a broad array of areas is essential in determining the client's appropriateness for counseling and planning a successful course for treatment. However, little attention has been given to the intake interview or assessment, as well as different intake procedures and their impact as experienced by the client. Client assessments of the SFBT and the SCID-I intake intervention were examined with regard to counselor attractiveness, expertness, trustworthiness, and total effectiveness; session depth, smoothness, positivity, and arousal; outcome optimism and goal clarity; and client's current level of distress. The sample consisted of 30 clients, which included 16 female and 14 male participants. An equal number of participants received the SFBT and SCID-I intake intervention. This study employed a mean comparison design in which participants' outcome scores on the two intakes were assessed. Participants were randomly assigned to either treatment A (SFBT intake) or treatment B (SCID-I intake). A series of t tests was conducted on each of the dependent variables based upon the mean scores from the

participants within the SFBT and SCID intake groups. Results revealed no statistically significant differences between the two intake assessments, thus suggesting that the SFBT intake intervention was comparable to the SCID-I intake intervention in regard to the selected outcome variables.

Solution-Focused Therapy American Psychiatric Pub

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.

Crisis Intervention Handbook Routledge

Click here to read a student review by Sarah Farr, BA Social Work, University of Sussex and Brighton Chris Beckett's new book on assessment and intervention in social work practice covers the core topics for qualifying social work students. The book provides a thorough understanding of the issues and skills essential for effective practice. Each of the nine chapters defines a key concept, including Assessment; Intervention; Risk and Efficacy. Case studies and 'practice questions' throughout make the connections between theory and practice explicit. Suggestions as to further reading are made at the end of each chapter. This important book is essential reading for undergraduate and postgraduate social work students throughout all three years of their training, but it will be particularly useful for students who are on placement, or who are reflecting on their experiences on placement. It is also a useful resource for practice teachers who need a framework for discussing practice with students they supervise on placement.

Routledge

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.

Beyond Technique in Solution-Focused Therapy Springer Publishing Company

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 Play Therapy SAGE

This text provides students of family therapy with a unique opportunity to understand and compare the inner workings of 14 traditional and non-traditional family therapy models. The book demonstrates, through innovative "guiding templates," how the different therapeutic models are applied in an actual family therapy situation. The second edition features a new chapter on neuroscience, new interviews with master therapists on topics such as LGBT families, EMDR and research, and coverage of ethical issues concerning electronic safety and telephonic therapy. Overviews of every model include history, views of change, views of the family, and the role of the therapist. Chapters on every model also provide responses to one, realistic case study with commentary and analysis by master therapists to illustrate how each one addresses the same scenario.

Interviews with master therapists illustrate how each mode of therapy actually "works" and how therapists "do it." Print version of the book includes free, searchable, digital access to the entire contents! New to the Second Edition: Examines neuroscience and its role in family therapy New chapter on solution focused narrative therapy with families Includes enhanced coverage of self-care and mindfulness for the therapist Contains educator resources including instructor's manual, PowerPoint slides, and a test bank Updated references provide current developments in the field of marriage and family therapy Provides insight on submitting research articles for publication through an interview with a current journal editor Reports on current, revised ethical guidelines from the AAMFT Key Features: Provides a guiding template for each family therapy model from assessment through termination Describes a practice-oriented approach to family therapy Uses a single case study throughout the book where different approaches to therapy are applied by master therapists Introduces the theory, history, theoretical assumptions, techniques, and components of each model Includes numerous interviews, case study commentary, and analyses by master therapists

Family Therapy SAGE

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.

Beyond Technique in Solution-focused Therapy Routledge

Solution-focused therapy is often misunderstood to be no more than the techniques it is famous for—pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a "one-size-fits-all" manner, these techniques may produce disappointing results and leave clinicians wondering where they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making. The focus is on how attention to emotional issues, traditionally not emphasized in brief, strengths-based interventions, can help "unstuck" difficult situations and pave the way to successful solutions.

Preventing Suicide 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"--

101 More Interventions in Family Therapy SAGE

"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.

Core Competencies in the Solution-Focused and Strategic Therapies SAGE

Now in its third edition, this highly regarded and well-established textbook includes up-to-date coverage of recent advances in family therapy practice and reviews of latest research, whilst retaining the popular structure and chapter features of previous editions. Presents a unique, integrative approach to the theory and practice of family therapy Distinctive style addresses family behaviour patterns, family belief systems and narratives, and broader contextual factors in problem formation and resolution Shows how the model can be applied to address issues of childhood and adolescence (e.g. conduct problems, drug abuse) and of adulthood (e.g. marital distress, anxiety, depression) Student-friendly features: chapters begin with a chapter plan and conclude with a summary of key points; theoretical chapters include a glossary of new terms; case studies and further reading suggestions are included throughout

Solution-focused Treatment of Domestic Violence Offenders Routledge

In the Solution-Focused and Strategic Therapy field this is a landmark book, the first to address all of the core and clinical competencies involved in running a practice, including learning and applying a conceptual map, developing and maintaining an effective therapeutic alliance, and intervention planning. With the patience of an experienced teacher and knowledge of a master therapist, Dr. Ellen Quick shows how to move from minimal competency to higher levels of proficiency. She addresses therapists from all of the behavioral health care disciplines and teaches them to tailor treatment to their clients' unique strengths and proficiencies, discover and amplify what works, and change what doesn't. Dr. Quick presents the essential knowledge, skills, and attitudinal components of each competency, with an emphasis on demonstrating their applications in actual clinical practice. Readers will appreciate that, by the end of the book, they will not only be able to demonstrate competence, which is a critical component of an evidence-based practice, but will also be excited to build proficiency in areas of special interest and expertise. The lessons learned in this book will allow readers to continue to advance their competency skills long after they have put it down.

Solution-Focused Brief Therapy with Clients Managing Trauma Springer Publishing Company

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

Solution-Focused Therapy Routledge

An invaluable guide to the history, descriptions of practice strategies, and applications of SFBT! The Handbook of Solution-Focused Brief Therapy is a unique, comprehensive guide that assists clinicians, regardless of experience level, in learning and applying the concepts of Solution-Focused

Brief Therapy (SBFT) to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail, which focuses on encouraging clients to look at exceptions, times when the problem could have occurred and did not, and goals and future possibilities. A history of the practice model and its interventions is discussed, along with limitations, descriptions of practice strategies, applications to specific client populations, and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SBFT model. The Handbook of Solution-Focused Brief Therapy first lays a foundation of knowledge, providing chapters on the crucial assumptions and practices, history, and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations, including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few "outside therapy room" applications. Other chapters focus on the important issues in therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution-Focused Brief Therapy include: assumptions within the SBFT tradition history of the SBFT approach epistemology SBFT with couples depression domestic violence offenders public schools children and young people SBFT in faith-based communities assessing and relieving burnout in mental health practice SBFT beyond the therapy room supervision of training possible limitations, misunderstandings, and misuses of SBFT a tribute to the late Steven de Shazer, co-founder of the SBFT approach The Handbook of Solution-Focused Brief Therapy is an invaluable reference for all types of therapists, including psychologists, counselors, social workers, and family therapists at any level of experience, including students, trainees, and experienced therapists.

Solution-Focused Therapy SAGE

The author presents 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 book also summarises the evidence base for solution-focused therapy and discusses ethical issues.

Solution-Focused Brief Therapy Guilford Press

This book adds a dimension to the solution-focused therapy literature, providing a framework to facilitate nonformulaic clinical decision making. Focus is on how emotional issues can help pave the way to successful solutions. Case material is also used showing not only what a clinician does at particular moments in therapy but why.

Solution-Focused Case Management Routledge

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. Written by Dr. Alasdair J. MacDonald, one of the leading Solution-Focused Therapy specialists in Europe and a key figure in the European Brief Therapy Association, this book provides both trainees and practitioners with instruction in the method of solution-focused brief therapy.

Learning Solution-Focused Therapy SAGE

The *Solution Focused Approach with Children and Young People: Current Thinking and Practice* brings together leading figures and innovative practitioners from different professions, contexts and countries to provide a unique overview of Solution Focused work with children and young people. Presenting a range of applications in individual, group and community work, it puts the spotlight on diverse fields, exploring how the Solution Focused approach can work in real-world contexts. This book showcases a powerful, engaging approach which helps children and young people find the resources and strengths to manage difficulties and make the most of their lives. It contains interesting case studies, narrative descriptions of original practice, programmes of work developed using Solution Focused principles, and thought-provoking discussions of key elements of practice. With chapters presenting perspectives from coaching, therapy, consultancy and education, and applications including learning assessments, child protection, bereavement, edge of care, and youth offending, the book provides an overview of the current state of practice and provides pointers to potential new developments. The *Solution Focused Approach with Children and Young People* will help both experienced practitioners and those new to the approach to develop and update their knowledge and skills, as well as introducing them to creative and cutting-edge tools to inspire fresh ideas and thinking. It will be essential reading for Solution Focused practitioners and students, as well as coaches, social workers, school counsellors and mental health professionals working with children and young people.