



Handbook of Solution-Focused Therapy (Brief Therapies series)

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`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.

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Rena Campbell:

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