



Education and Training in Solution-Focused Brief Therapy (Hardback)

By Thorana S. Nelson

Taylor Francis Inc, United States, 2005. Hardback. Book Condition: New. 213 x 160 mm. Language: English . Brand New Book ***** Print on Demand *****.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 clients 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....



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