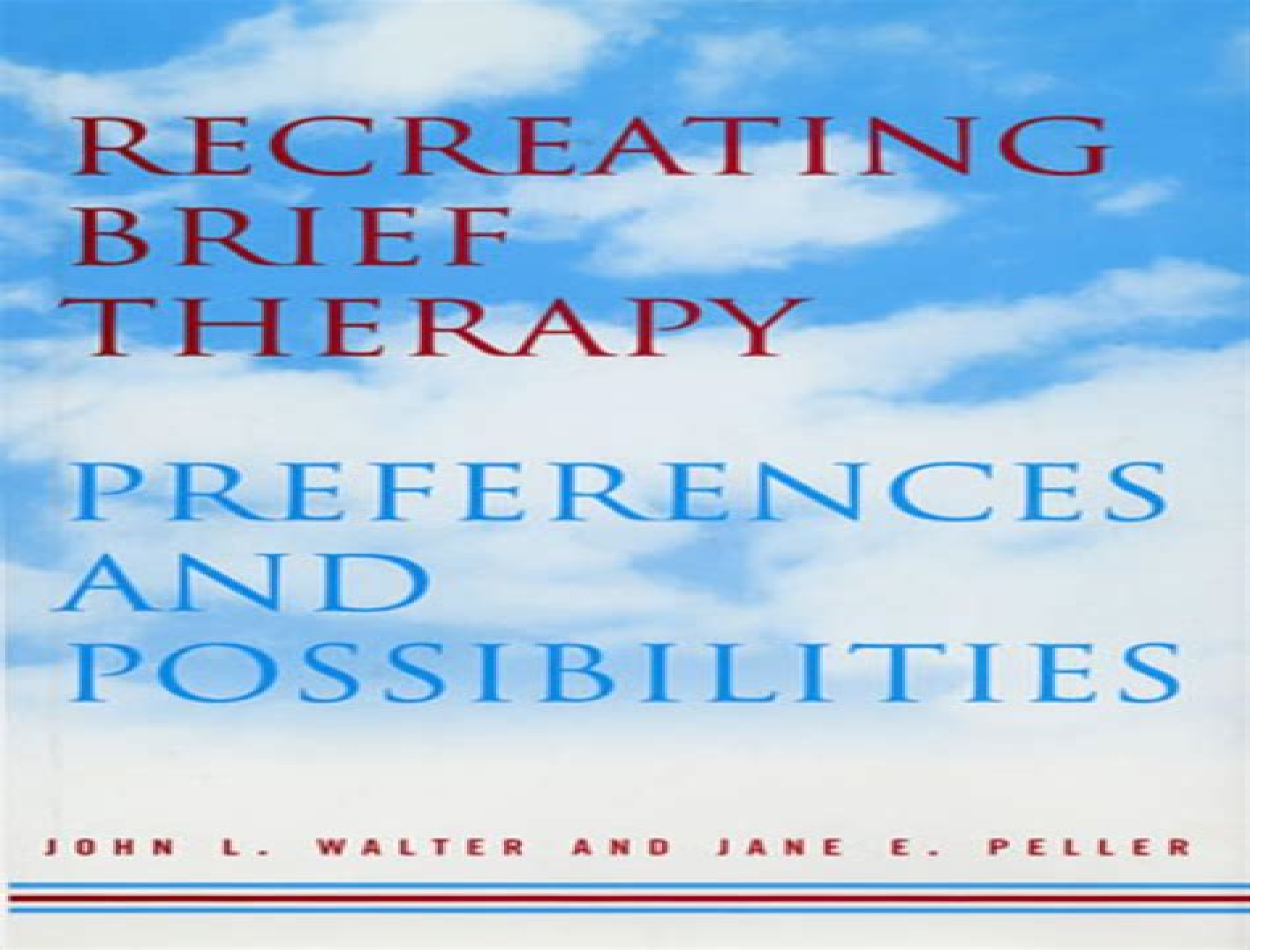




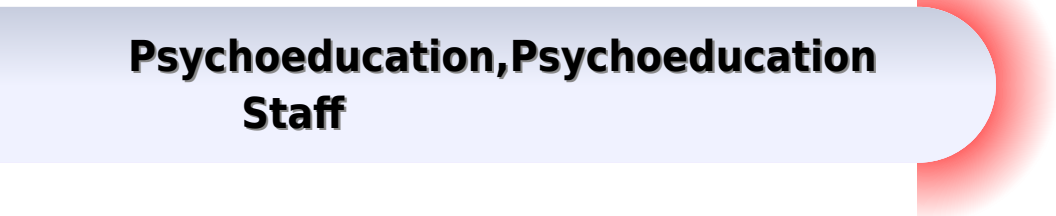
RECREATING BRIEF THERAPY

PREFERENCES AND POSSIBILITIES

JOHN L. WALTER AND JANE E. PELLER

Recreating Brief Therapy

**Psychoeducation, Psychoeducation
Staff**



Recreating Brief Therapy:

Recreating Brief Therapy John L. Walter, Jane E. Peller, 2000 This question leads to many others which form the basis for the chapters of the book Each inquiry is illustrated by case excerpts that show where this approach diverges from strategic and solution focused questioning Healthcare Institute and an organizational consultant within Culture Change Consultants BOOK JACKET

Handbook of Solution-Focused Brief Therapy Thorana S Nelson, Frank N Thomas, 2012-03-22 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 SFBT 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 SFBT 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 SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations misunderstandings and misuses of SFBT a tribute to the late Steven de Shazer co founder of the SFBT 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

Recreating Partnership Phillip Ziegler, Toby Hiller, 2001-07-31 All couples go through challenging times some survive and thrive others don't How can we understand and use this distinction in the practical application of therapy In their solution oriented competency based approach to couples therapy Phillip Ziegler and Toby Hiller answer this question In Recreating Partnership an innovative theoretically sound and practical handbook for clinicians Ziegler and Hiller present a bold and clinically useful concept the good story bad story dichotomy The book shows clinicians how to use this narrative concept in conducting effective and efficient relationship therapy that will help couples build solutions collaboratively invigorate partnership and thrive each in

their own unique ways The book covers issues such as establishing rapport with antagonistic partners developing therapeutic goals hosting conversations that reinvigorate the couple's good story how when and whether to offer task assignments addressing issues such as domestic violence and how to bring therapy to a close as well as many cogent and helpful transcripts Written for psychologists social workers marriage and family therapists and anyone who works with couples *Recreating Partnership* will be exciting and useful to both the novice and experienced practitioner Education and Training in Solution-Focused Brief Therapy Thorana S Nelson, 2014-01-02 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 **Brief Psychological Interventions in Practice** Ann Williamson, 2008-04-30 As the extent of mental illness in the population becomes clear so the provision of care becomes one of the major tasks facing healthcare teams As a result a growing army of people is being trained to offer emotional and psychological support in primary care settings This practical guide to using brief psychological interventions within a short consultation draws together techniques from a number of approaches including CBT Solution Focus Brief Therapy NLP and hypnosis *Becoming a Solution Detective* John

Sharry,Brendan Madden,Melissa Darmody,2012 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 *Recreating Brief*

Therapy Exam Psychoeducation,Psychoeducation Staff,2000-11 **Solutions for the Treatment Resistant Addicted Client** Nicholas A. Roes,2014-05-22 Help addicts to better their lives even though they oppose treatment This useful volume the result of more than ten years of work in researching and refining the techniques most likely to lead to positive client outcomes offers field tested methods for dealing with the most challenging addicted client types These include hopeless clients clients considered to be in denial and those who are in treatment not because they desire it but because of a mandate from an outside authority The techniques you ll find in *Solutions for the Treatment Resistant Addicted Client* have proven to be successful with even the most difficult clients The techniques you will learn in this book avoid generating resistance on the part of the client and are easily integrated into any treatment model You ll also find case studies practice worksheets and suggestions for therapeutic tasks to assign to your clients *Solutions for the Treatment Resistant Addicted Client* will teach you why treating even the most challenging clients with respect is vital to successful therapy why the concept of the client s treatment readiness is a myth it is you the therapist who must be ready for the most challenging client how to give your therapeutic message greater impact and break out of unproductive patterns of relating to your clients And the book s final section presented in Q A format addresses practical applications of the techniques discussed theoretical frameworks for the interventions suggested ethical concerns relating to dealing with clients who don t want treatment Alcohol and drug counselors probation parole officers social workers and other mental health professionals who work with addicted clients will find this book an invaluable aid in their work Students preparing to enter these careers as well as those preparing for certification as alcohol or drug abuse counselors also need the information found here *Solutions for the Treatment Resistant Addicted Client* is must reading for anyone dealing with this extraordinarily difficult population **The Practice of**

Collaborative Counseling and Psychotherapy David Pare,2012-12-19 *The Practice of Collaborative Counseling and Psychotherapy* Developing Skills in Culturally Mindful Helping is a comprehensive introduction to counseling and psychotherapy skills designed to teach future practitioners how to develop and foster collaborative relationships with their

clients Keeping power relations and cultural diversity at the forefront Par s text examines step by step the skills involved in collaborative therapeutic conversation an approach that encourages a contextual view of clients and counteracts longstanding traditions of focusing primarily on individual pathology Indeed this insightful text teaches students how to keep clients at the heart of their therapy treatment by actively engaging them in the helping process *Practicing Positive CBT* Fredrike Bannink,2012-07-23 *Practicing Positive CBT From Reducing Distress to Building Success* reveals a new therapeutic approach that combines traditional CBT with Positive Psychology and Solution Focused Brief Therapy By shifting the focus of therapy from what is wrong with clients to what is right with them and from what is not working to what is Positive CBT creates a more optimistic process that empowers clients and therapists to flourish Increases client motivation and collaboration allows therapeutic outcomes to be achieved in shorter timeframes and in a more cost effective way Covers theory and applications and provides a wide range of stories exercises and case studies The author has a uniquely broad knowledge and experience as a therapist and trainer of CBT PP and SFBT **1001 Solution-Focused Questions** Fredrike Bannink,2011-10-10 An invaluable resource for conducting successful solution focused therapy Drawing on nearly 30 years of clinical practice Bannink compiles solution focused questions and protocols that are formulated to elicit the client s expertise on the issue s that brought him or her to therapy Categorized for general use and for use with specific types of clients such as children couples and families and those who have suffered trauma or who might benefit from medication the questions demonstrate how the precise use of language is an important tool in solution focused interviewing Exercises and homework suggestions invite self reflection and experimentation with the solution focused model while case studies illustrate the model s effectiveness with a wide variety of clients **1001 Solution Focused Questions** equips clinicians with a toolbox full of ready to use approaches so they re prepared to provide support as clients find their own way to a better future *Handbook of Solution-Focused Conflict Management* Fredrike Bannink,2010-09-07 Benjamin Franklin once said Every problem is an opportunity in disguise In the new and highly successful approach of solution focused conflict management described here the focus is on discovering these opportunities to find the win win scenario The key lies in asking eliciting questions about goals exceptions and competencies and in motivating clients to change Clients perspectives are considered primary and they are empowered to formulate their own hopes for the future and to devise ways to make them happen Focusing on the preferred future facilitates change in the desired direction *Family Therapy* Roger Lowe,2004-05-25 I liked this book Though I am not a family therapist like most mental health nurses I try to bear in mind the family relationships of individuals I am working with This is an enlightening text which not only offer a framework with which we can better understand the severe psychopathologies seen in forensic work but also gives examples of how it may be used therapeutically Mental Health Practice I think this is an important book that crystallises complex theory into a user friendly model using case material and discussions from the therapeutic community A must have for counsellors working with families this will form part of the

recommended reading on the Family Counselling course Barbara McKay *Relate* Head of Training *Relate News* The book provides a good overview of a number of recent approaches to working with families as well as how the author thinks about them Stephen Bray *Nurturing Potential* Roger Lowe achieves the almost impossible task of bringing together various theories techniques and case examples in clear and accessible ways Readers of all disciplines from front line hard pressed practitioners to students on therapy and social work courses will be grateful for the simple and above all useful way he tackles the burning questions that arise in working with the family group Highly recommended Harvey Ratner *Brief Therapy Practice* London Family Therapy introduces practitioners to the principles of using a constructive and collaborative approach with families The approach builds on a strengths based philosophy and focuses on enhancing family resilience and competence in a way that is both time efficient and comprehensive It brings together skills from contemporary models such as solution focused narrative and conversational therapies and adapts them to the specific challenges of working with family relationships It is the first book to systematically integrate these influential approaches and apply them to family work Setting out a clear framework for practice Roger Lowe describes the key tasks for the therapist as hosting meetings negotiating concerns and evoking family members personal and relationship resources The framework is designed to be clear but flexible and to allow practitioners to adapt it to their own situational needs For example it suggests ways for practitioners to selectively borrow from other therapeutic models while retaining a constructive orientation It also explores ways in which therapists can use their inner conversation during a session as a tool to overcome obstacles to the therapeutic process Although there is a common belief that the approach is only suited to brief interventions the author also describes ways of working constructively over a longer period of time Throughout the book case studies are included to show how the constructive framework is used in practice and to highlight a range of challenging situations that may be encountered during family therapy Roger Lowe's book provides a refreshingly different approach to working with families which chimes with the growing interest in constructive approaches It is written for trainees and for practitioners who are interested in developing their skills in this collaborative and optimistic approach

Clinical Handbook of Couple Therapy, Fifth Edition Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-05-28 Regarded as the authoritative reference and text this handbook presents the most effective widely studied approaches to couple therapy The distinguished coeditors bring together other leading experts most of whom developed the approaches they describe Adhering closely to a uniform structure to facilitate study and comparison chapters cover the history theoretical and empirical underpinnings and techniques of each model The volume also describes cutting edge applications for particular relationship contexts such as blended families LGBT couples and separated couples and clinical problems such as partner aggression psychological disorders and medical issues New to This Edition Chapters on interpersonal neurobiology and intercultural relationships Chapters on couple therapy for PTSD functional analytic couple therapy and the integrative problem centered metaframeworks approach Many new authors

Extensively revised with the latest theory and research See also Clinical Casebook of Couple Therapy edited by Alan S Gurman which presents in depth illustrations of treatment Social Workers' Desk Reference Albert R. Roberts,2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus on evidence based practice

Twenty-First Century Psychotherapies Jay L. Lebow,2012-06-28 Praise for Twenty First Century Psychotherapies Jay Lebow has done a masterful job in presenting a lucid overview of the leading theories of psychotherapy strategies of change and intervention techniques at the forefront of the field This outstanding volume is a must read for seasoned clinicians and trainees alike Froma Walsh Mose Sylvia Firestone Professor in the School of Social Service Administration Professor of Psychiatry in the Pritzker School of Medicine and Codirector of Center for Family Health The University of Chicago This book provides a well written up to date survey of the theories and practices of psychotherapy that have stood the test of time and seem to be here to stay A great strength is the chapter authors inclusion of the evidence for each approach since Evidence Based Practice truly is a hallmark of the twenty first century This outstanding resource will enable readers to both understand and implement therapy Ronald F Levant EdD ABPP Dean and Professor of Psychology University of Akron and 2005 President American Psychological Association Twenty First Century Psychotherapies offers a remarkably comprehensive up to date and scholarly examination of the dominant approaches to therapy Written by leading and articulate experts in each intervention model this book draws together the most forward thinking perspectives in individual group and couples family therapy This will be a treasured reference to novice and experienced clinicians alike and I expect it to be a much consulted companion to professionals for many years to come Nadine J Kaslow PhD ABPP Professor and Chief Psychologist Emory University School of Medicine at Grady Health System Twenty First Century Psychotherapies provides thorough coverage of the methods of psychotherapy now held in the highest regard both for the quality of the research evidence behind them and for their effectiveness with a variety of treatment populations and treatment settings The Changing Face of Health Care Social Work Sophia F. Dziegielewski,2003-11-12 Full of practice oriented tips questions for further study select online resources and professional profiles in such diverse arenas as the emergency room home care case management and hospice Counseling and Psychotherapy David Capuzzi,Mark D. Stauffer,2016-03-24 Featuring important theories and trends not covered in other foundational texts this book is designed to equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship Topical experts provide contemporary information and insight on the following theories psychoanalytic Jungian Adlerian existential person centered Gestalt cognitive behavior dialectical behavior rational emotive behavior reality therapy choice theory family feminist transpersonal and new to this edition solution focused and narrative therapies as well as creative approaches to counseling

Each theory is discussed from the perspective of historical background human nature major constructs applications the change process traditional and brief intervention strategies cross cultural considerations and limitations The use of a consistent case study across chapters reinforces the differences between theories Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org *Marriage and Family Therapy* Linda Metcalf, 2011-06-23 Print CourseSmart *Therapist as Life Coach* Patrick Williams, Deborah C. Davis, 2002 At last a book for mental health professionals considering a transition into the new and dynamic field of life coaching *Therapist as Life Coach* explores life coaching as a profession examines the relationship between life coaching and therapy and details the variety of options for professionals considering either a transition into coaching or expanding their practices to include coaching This book is one stop shopping for the therapist wishing to explore the coaching field Chapters include The History and Evolution of Life Coaching Therapy and Coaching Distinctions and Similarities Getting Started as a Life Coach The Basic Life Coaching Model Developing and Marketing Your Life Coaching Practice Self Care for Life Coaches

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