



Solution-Focused Therapy (Brief Therapies series)

Bill O'Connell

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Struggling with the intricacies of Solution-Focused theory, skills or practice? Wanting to learn more about providing brief, practically-based solution-focused interventions across many therapeutic settings? As part of the popular Brief Therapies Series, this long awaited third edition will tell you all you need to know about Solution-Focused Therapy (SFT) and more!

This popular introduction takes you step-by-step through the counselling process, providing insight into how to structure and manage your therapeutic work in ways that are grounded in Solution-Focused principles.

This book includes:

- a detailed introduction to the theory and practice of 'brief' therapy

- a discussion of the foundations of SFT

- exercises to use with clients and/or trainees

- brand new case examples relating theory directly to practice

- an insightful reflection on the journey of the practitioner

From leading Solution-Focused expert Bill O'Connell, this book will not only provide practical guidelines and theoretical background for the beginner but support and inspiration for the more experienced.

Bill O'Connell is Director of Training for Focus on Solutions Limited in Birmingham. He was previously Head of the Counselling Department at Westhill College of Higher Education, Birmingham, and is co-editor of Handbook of Solution-Focused Therapy (SAGE, 2003).

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People live in this new moment of lifestyle always try to and must have the extra time or they will get great deal of stress from both day to day life and work. So , when we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, the book you have read is usually Solution-Focused Therapy (Brief Therapies series).

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