



Skills in Solution Focused Brief Counselling and Psychotherapy (Skills in Counselling & Psychotherapy Series)

Paul Hanton

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As part of the bestselling Sage Skills in Counseling & Psychotherapy series, this book is one of the first to focus specifically on Solution Focused Brief Therapy (Sfbt) skills and practice. Aimed at those new to the approach and as a refresher to those that have started using Sfbt, it covers the key techniques and interventions. Structured step-by-step along the lines of an actual therapy session, the book can be dipped into or read cover-to-cover. It covers assumptions, expectations and ways of working, the role of the Solution Focused Brief Therapist, The Miracle Question, scaling, tasks, ending sessions and closures. Supported by case studies, therapeutic dialogue, hints and tips, exercises and points for reflection, the book is an ideal companion for any counseling, health or social care trainee who plans to practice Solution Focused Brief Therapy in today's time-constrained settings. It will also be a valuable guide for those qualified in the caring professions and who wish to refresh the way that they work.

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