becoming solution-focused in brief therapy
LCSW, Strengths Collaborative, Department of Social Work, University of North Carolina Wilmington, Wilmington, NC. U.S.A. This slim tautly written volume disguises an enormously practical treasure store to help group facilitators. Solution-focused therapy is a dialogue-centered therapy in which clients are encouraged to build on what they are already doing well (their strengths) and to notice the solutions to problems that naturally arise within groups. John Sharry is a Principal Social Worker in the Department of Child and Family Psychiatry, Mater Hospital, and part-time Director of the Brief Therapy Group (Private Practice and Consultancy).

The Art of Solution Focused Therapy
Patrick Egan, MA, LPC (2006-06-11) What is Solution Focused Therapy? Solution Focused Therapy (SFT) is a range of goal directed therapies aimed at helping clients achieve their own specific aims. Unlike other therapies, SFT builds an enabling dialogue with clients that includes a conversation about what it is that the client wants to do in the future. The book builds on the significant contribution that it is the client, and not the therapist, who sets the agenda for the therapy. The book uses a range of case examples to illustrate the therapy in action. The book is now widely recognized as a key text in the field of therapy, and is widely used in training and practice.

Problem-Solving Therapy for the Helping Professions
Jack Sharry (2007-07-25) Problem-Solving Therapy (PST) is a cognitive-behavioral approach to therapy that is focused on helping people solve problems. The book focuses on teaching clients how to identify problems, think about solutions, and then implement those solutions. It is a practical and easy-to-read guide that is ideal for both professionals and clients who want to improve their problem-solving skills.

Solution-Focused Brief Therapy: Un sparking the Art of Change
Susan N. Shaw, Stephen J. Shaw (2000-08-01) Solution-Focused Brief Therapy (SFT) is a brief therapy approach that helps clients focus on their strengths and solutions. The book provides a comprehensive overview of the theory and practice of SFT, including case studies and exercises to help readers understand how to use the approach in their work.

The Practical Guide to Solution-Focused Therapy
John Sharry (2009-09-17) This book offers a practical guide to the theory and practice of Solution-Focused Therapy (SFT). It covers the core concepts of SFT, including the use of questions and affirmations, and provides case studies to illustrate how to use the approach in practice.

The Solution-Focused Therapist
John Sharry (2011-03-07) This book provides a comprehensive overview of the theory and practice of Solution-Focused Therapy (SFT). It covers the core concepts of SFT, including the use of questions and affirmations, and provides case studies to illustrate how to use the approach in practice.

The Solution-Focused Therapist's Handbook
John Sharry (2014-01-31) This handbook provides a practical guide to the theory and practice of Solution-Focused Therapy (SFT). It covers the core concepts of SFT, including the use of questions and affirmations, and provides case studies to illustrate how to use the approach in practice.

The Solution-Focused Therapist's Workbook
John Sharry (2016-01-06) This workbook provides a practical guide to the theory and practice of Solution-Focused Therapy (SFT). It covers the core concepts of SFT, including the use of questions and affirmations, and provides case studies to illustrate how to use the approach in practice.

The Solution-Focused Therapist's Practical Guide
John Sharry (2018-01-01) This book provides a practical guide to the theory and practice of Solution-Focused Therapy (SFT). It covers the core concepts of SFT, including the use of questions and affirmations, and provides case studies to illustrate how to use the approach in practice.