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Nota di contenuto	Mastering The Art of Solution-Focused Counseling; Table of Contents; Foreword to the First Edition; Foreword to the Second Edition; Preface; Acknowledgments; About the Author; Part One: Beginnings; Chapter 1: Searching for Solutions; Principles of Solution-Focused Counseling; Solution Focus; Collaborative Approach; Small Changes Can Lead to Big Results; Emphasis on Process; Strategic Approach to Eclecticism; Brief by Design, but Not Always; Responsiveness to Multiculturalism and Diversity; Organization of This Book; Part Two: Theory; Chapter 2: Postmodern Perspective; Postmodernism Constructivism Social Constructionism; Deconstructionism; Clinical Implications; Reality as a Social Construction; Counselors as Participant-Observers; Language-Determined Systems; Collaborative Approach; Summary; Chapter 3: Problems and Change; The MRI Problem-Focused Theory; Solution-Focused Theory; Theory of Problem Formation; Theory of Change; Summary; Chapter 4: Strategic Approach to Eclecticism; Strategic Eclecticism; The Process/Content Distinction Revisited; Using Formal Content as Informal Content; Case Examples; Back to Reality Therapy; Codependent Some More; Summary Part Three: Practice Chapter 5: Before the First Session; An Accidental Discovery; Identifying Pretreatment Change Before the First Session; Delivering Interventions Before the First Session; Case Example: A Man in Search of His Old Self; Summary; Chapter 6: The First Session;

Coconstructing Problems and Goals; Coconstructing Problems; Coconstructing Goals; A Generic or Eclectic Approach?; Identifying and Amplifying Exceptions; Identifying Exceptions; Identifying Small Exceptions; Identifying Potential Exceptions; Amplifying Questions; Coconstructing Tasks; Case 1; Case 2; Case 3; Case 4 Case 5 Summary; Chapter 7: After the First Session; Evaluating the Effectiveness of Tasks; Identifying and Amplifying Exceptions Derived From Tasks; When the Client Reports Limited Progress; When More Time Is Needed; When the Client Didn't Do the Task; Solution-Focused Techniques; Doing More of the Same; Doing Less of the Same; Scaling Techniques; Journaling; The Surprise Task; Back to the Books; The "What's Better?" Question; When Less Is Better; Doing Something Different; Reevaluating Problems and Goals; Using Rating Scales to Assess Treatment Outcome; Planning for Termination; Summary Part Four: Applications Chapter 8: Depression; Solution-Focused Approach to Depression; Solution-Focused Conceptualization of Depression; Sudden Gains in Depression; Treatment Strategies for Depression; Coconstructing Problems and Goals; Identifying and Amplifying Exceptions; The Miracle Question; Coconstructing Tasks; Scaling Techniques; Other Techniques for Depression; Case Example: Double Trouble; Summary; Chapter 9: Anxiety; Solution-Focused Approach to Anxiety; Solution-Focused Conceptualization of Anxiety; From What-If to As-If; Treatment Strategies for Anxiety Putting Exceptions to Work

Sommario/riassunto

The most current trends in solution-focused counseling are explored in the latest edition of this updated and expanded text. Dr. Guterman provides a comprehensive and straightforward discussion of solution-focused theory and describes how the model can be used throughout the therapeutic process. Clinical techniques and detailed case studies illustrate counseling with clients experiencing a range of problems, including depression, substance abuse, grief, morbid jealousy, and trichotillomania. New chapters and sections in this edition address anxiety, eating disorders, migraine headache, psychos
