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Nota di contenuto	Contents; Contributors; Preface; Acknowledgments; 1 Overview of Solution Focused Therapy; 2 Solution Focused Therapy: Its Applications and Opportunities; 3 A Solution Focused Journey; 4 Respectful Optimism and Satisfying Subtlety; 5 Working in the Dark; 6 The Three-Hour "A-ha" Moment; 7 This Is Me; 8 Monty Python-Focused Therapy; 9 Acceptance, Transparency, Research: Because the Others Want to Know; 10 The Evidence Base of SFT; 11 Learning With Enthusiasm; 12 My Encounter With the Solution Focused Therapy Model; 13 Learning to Pay Attention; 14 Believing With a Curious Mind 15 Trust Client Strengths16 A Journey Toward Solutions; 17 Using Possibilities to Remove the Box; 18 Go Where the Clients Lead; 19 Becoming a Solution Focused Purist; 20 Conclusion; Recommended Reading List; Index
Sommario/riassunto	What is Solution-Focused Therapy?. Solution Focused Therapy (SFT) is a unique, goal-directed therapy aimed at helping clients regain autonomy by determining and achieving their own goals. Solution focused therapists encourage clients to focus on solutions, not

problems, and help clients effectively plan how to reach their goals. Unlike other therapies, SFT holds an abiding belief in clients' abilities to know what is best for them, rather than have a therapist tell them. Why this book?. This book not only provides an overview of the Solution Focused therapy model, its basic tenets, and theorie

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