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of Contents; PREFACE; Chapter 1 The Model and Its Origins; ADDITIONAL PERSPECTIVES; THE MODEL; BRIEF STRATEGIC THERAPY: THE MRI APPROACH; SOLUTION FOCUSED THERAPY: THE BFTC APPROACH; COMBINING MODELS; THE STRATEGIC SOLUTION FOCUSED MODEL; SUMMARY OF CHAPTER 1; Chapter 2 Clarifying the Problem: What's the Trouble?; PRIORITIZING PROBLEMS; "WHO, WHAT, WHEN, AND WHERE?"; IN WHAT WAY IS THIS A PROBLEM?; TO WHOM IS THIS A PROBLEM?; WHY NOW?; TRANSLATING VAGUE CONSTRUCTS TO CLEAR COMPLAINTS; WHEN THE PROBLEM IS THE PAST A DIFFERENT PROBLEM EVERY TIME PROBLEM CLARIFICATION AS INTERVENTION; CELESTE: "MY MOTHER WAS VERY SICK MENTALLY"; HOW IS THERAPY SUPPOSED TO HELP? THE WORST AND BEST MESSAGES; SUMMARY OF CHAPTER 2; Chapter 3 Amplifying the Solution: Variations on the Miracle Question; THE MIRACLE QUESTION; DAVID: "I WOULDN'T HATE GOING TO WORK"; IDENTIFYING AND AMPLIFYING EXCEPTIONS; SCALING QUESTIONS; VARIATIONS ON THE MIRACLE QUESTION; MIRACLE QUESTIONING AS PROBLEM CLARIFICATION; MIRACLE QUESTIONING AS INTERVENTION; THE FUTURE CREATES THE PRESENT; SUMMARY OF CHAPTER 3 Chapter 4 Evaluating Attempted Solutions: If It Doesn't Work, Do Something Different ELICITING ATTEMPTED SOLUTIONS; "What Else?"; Being Specific; When "Nothing" Has Been Tried; Did It Work?; CONCEPTUALIZING PATTERN INTERRUPTION; Disrupting Solutions; Reversing Solutions; CHANGE SLOWLY; DEPRESSION: WHEN "CHEER UP" DOESN'T WORK; Depression After a Loss; Depression "Without Reason"; ANXIETY: WHEN "CALM DOWN" DOESN'T WORK; Interrupting Avoidance; Reversing "Concealing"; Interrupting "Perfectionism"; INTERRUPTING UNSUCCESSFUL ATTEMPTED SOLUTIONS IN RELATIONSHIPS; Reframing Interrupting Ineffective Communication "You Don't Have to Like It"; Interrupting Promises of Change; Interrupting "Please Stay"; Interrupting "You Must Decide"; PARENTS AND CHILDREN: REVERSING WHAT DOESN'T WORK; Problems with Children; Problems with Parents; ATTEMPTED SOLUTIONS TO EATING PROBLEMS; SEXUAL SOLUTIONS: INTERRUPTING "FORCED AROUSAL"; RECOGNIZING INDIVIDUALIZED ATTEMPTED SOLUTIONS; SUMMARY OF CHAPTER 4; Chapter 5 Designing the Intervention: Validation, Compliment, and Suggestion; THE THREE-PART INTERVENTION; THE "BREAK"; VALIDATING; COMPLIMENTING DESIGNING SUGGESTIONS FOR CUSTOMERS, COMPLAINANTS, AND VISITORS WHAT MESSAGE WILL HELP MOST TODAY?; INTRODUCING THE COUNTERINTUITIVE; SUGGESTIONS, SPECIFIC AND "GENERIC"; Specific Suggestions; Generic Suggestions; COUNTERINTUITIVE APPROACHES: EMPATHY, NOT MANIPULATION; SUMMARY OF CHAPTER 5; Chapter 6 You can Take It With You: What Do You Want to Remember?; USEFUL FOR THERAPISTS AND FOR CLIENTS; THERAPIST INFLUENCE ON TAKE-HOME POINTS; COMMON THEMES; Recognizing Progress, Coping, and Insight; Therapeutic Relationship Variables; Images, Metaphors, and Didactic Information; Plans for Action Changes for Relationships

Sommario/riassunto

This book is both a set of procedures for the therapist and a philosophy- one that is shared with clients and one that guides the work of the therapist. This 2nd edition continues its excellence in offering clinicians a guide to doing what works in brief therapy--for whom, and when and how to use it. Psychotherapy that follows these guidelines validates the client's most important concerns - and it often turns out to be surprisingly brief. Author Ellen Quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteris
