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	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