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Sommario/riassunto	"Becoming a Solution Detective is a practical, how-to guide for therapists, counselors, social workers, psychologists, nurses,

and other professionals who are interested in making their practice solution-focused quickly and effectively. The authors, co-founders of the Brief Therapy Group in Dublin, Ireland, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant through case examples, practice exercises, and role-plays. The book's hands-on approach allows practitioners to adopt the authors' simple, self-teaching style and apply it to their work with clients.

It includes practical information on:

- differences between the solution-based approach and traditional therapy
- establishing a successful therapeutic alliance with clients
- determining detailed, meaningful goals for the client
- mapping the clients journey to a solution
- possible dead ends in applying this type of therapy
- and much more!

Becoming a Solution Detective is equally effective for newcomers to solution-focused therapy and professionals seeking to apply its principles to their own practices. As an academic textbook, the book is ideal for individual study in a variety of courses, including social work, counseling, nursing, psychology, education, and any other helping professions.

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