

1. Record Nr.	UNINA9910811888903321
Autore	Sharry John
Titolo	Becoming a solution detective : a strengths-based guide to brief therapy // John Sharry, Brendan Madden, Melissa Darmody
Pubbl/distr/stampa	New York, : Routledge, c2012
ISBN	1-136-57603-7 1-280-66232-8 9786613639257 1-136-57604-5 0-203-15376-6
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (185 p.)
Classificazione	PSY036000SOC025000
Altri autori (Persone)	MaddenBrendan DarmodyMelissa
Disciplina	410.973 410/.973 616.8914
Soggetti	Solution-focused brief therapy Solution-focused therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Dedication; Contents; Foreword; Preface; Acknowledgments; About the authors; Part I Becoming a solution detective; Chapter 1 Becoming a solution detective; Chapter 2 Investigating solutions: A step by step model; Part II Investigating solutions: Four stages; Chapter 3 Stage 1: Where are you at?; Chapter 4 Stage 2: Where do you want to go?; Chapter 5 Stage 3: How far have you come?; Chapter 6 Stage 4: What is the next step?; Part III Managing setbacks and challenges; Chapter 7 Managing setbacks and challenges- An overview; Chapter 8 Attending to client motivation Chapter 9 Learning from your clientsChapter 10 Staying a customer as a therapist; A final note; Appendix: Key to case studies; References; Index
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.

"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"
