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Sommario/riassunto	Direct practice foundation courses in social work prepare students for every step of the problem-solving process, yet too often emphasize the what and the why of practice at the expense of the how. This practical, easy-to-use, and hands-on guide bridges this gap by illustrating the helping skills that practitioners can actually use to influence people's lives in positive ways. Integrating two major helping models-- motivational interviewing and solution-focused therapy--it equips students with the techniques and skills necessary for activating client strengths throughout the problem-solving pro