



# Solution Focused Brief Therapy: 100 Key Points and Techniques

By Harvey Ratner, Evan George, Chris Iveson

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**Solution Focused Brief Therapy: 100 Key Points and Techniques** By Harvey Ratner, Evan George, Chris Iveson

*Solution Focused Brief Therapy: 100 Key Points and Techniques* provides a concise and jargon-free guide to the thinking and practice of this exciting approach, which enables people to make changes in their lives quickly and effectively. It covers:

- The history and background to solution focused practice
- The philosophical underpinnings of the approach
- Techniques and practices
- Specific applications to work with children and adolescents, (including school-based work) families, and adults
- How to deal with difficult situations
- Organisational applications including supervision, coaching and leadership.
- Frequently asked questions

This book is an invaluable resource for all therapists and counsellors, whether in training or practice. It will also be essential for any professional whose job it is to help people make changes in their lives, and will therefore be of interest to social workers, probation officers, psychiatric staff, doctors, and teachers, as well as those working in organisations as coaches and managers.

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## **Editorial Review**

### **Review**

"“Do what works” is a basic SFBT rule. Were Steve and Insoo still with us, I am sure they would be very happy to see what their “students” have produced. Solution Focused Brief Therapy: 100 Key Points and Techniques is a clear exposition that embraces and builds on the original SFBT model. It also honors teachers, both de Shazer and Berg, and ultimately their clients, by applying de Shazer’s well-known Ockham’s razor to explore and describe what is really essential for change to occur. To illustrate the principle: When someone once wrote the words “simplify, simplify, simplify” to describe SFBT’s minimalistic approach, de Shazer famously scratched out two of the words! Along with de Shazer’s 1985 Keys and 1988 Clues and Berg’s 1994 Family-Based Services, this book ranks at the top. As a place to start or as an elegant refresher, I enthusiastically recommend it!" - **Michael F. Hoyt, Ph.D, Newsletter of the Milton H. Erickson Foundation, 2012, p. 24 VOL. 32, NO. 3 The Milton**

"This book is a small treasure... By using short, easy-to-read chapters, the book explains their approach and covers some difficult ground in an approachable style... written as it is by three mature practitioners who first met the approach when it was a "new kid on the block", provides systemic practitioners with an opportunity to look again at an approach which is still very much around, well supported by evidence, appreciated by clients and now, as the authors might agree, also at a stage of significant maturity. We recommend it." - **John Wheeler and Alex Millham, Context, October 2012**

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