



Becoming a Solution Detective: A Strengths-Based Guide to Brief Therapy

John Sharry, Brendan Madden, Melissa Darmody

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If you are interested in making your practice solution-focused quickly and effectively, look no further than this text. The authors, co-founders of the Brief Therapy Group, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant for newcomers to the field and for professionals seeking to apply SFBT principles in their own practices. The book's hands-on approach allows practitioners to adopt the authors' simple, self-teaching style and apply it to their work with clients. Practical information is included on:

- the 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 client's journey to a solution
- possible "dead ends" in applying this type of therapy
- and much more!

As an academic textbook, it 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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