



Beyond Technique in Solution-Focused Therapy: Working with Emotions and the Therapeutic Relationship

By Eve Lipchik

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Beyond Technique in Solution-Focused Therapy: Working with Emotions and the Therapeutic Relationship, Eve Lipchik, Solution-focused therapy is often misunderstood to be no more than the techniques it is famous for-pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a "one-size-fits-all" manner, these techniques may produce disappointing results and leave clinicians wondering where they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making. The focus is on how attention to emotional issues, traditionally not emphasized in brief, strengths-based interventions, can help "unstick" difficult situations and pave the way to successful solutions.



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