



Learning Solution-Focused Therapy: An Illustrated Guide

By Anne Bodmer Lutz B.S.N. M.D.

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Solution-focused therapy is an evidenced-based practice that focuses on creating conversations that build solutions, rather than solve problems. Learning Solution-Focused Therapy: An Illustrated Guide teaches readers how to practice and become competent in conducting solution-focused therapy, an area of growing interest as the emphasis on brief therapy increases. Critical to the book's learning strategy is the generous use of case illustrations that are detailed, rich, and instructive without being overly didactic. The case approach provides an effective means for seeing concepts put into practice, and since medicine is becoming more patient-focused, the solution-focused therapy model is highly relevant. Organized to show how a solution-focused interview is conducted, the book presents the basic model and goes on to apply this model in psychopharmacology, addiction, supervision and consultation. Each chapter combines readings, solution-focused questions, case illustrations, learning exercises and video demonstrations (available online), which together constitute a comprehensive course in this therapeutic modality. Moreover, the author's conversational writing style makes the tenets and techniques accessible and interesting to a wide variety of clinicians. Learning Solution-Focused Therapy: An Illustrated Guide will appeal to clinicians who wish to enhance their skills and support their patients' growth in a positive way.

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Editorial Review

Review

There has been incredible growth in the practice of Solution-Focused Therapy in North America and around the world in the past few years. It seems that most of the clinical disciplines have recently discovered this evidence-based approach, with its emphasis on strengths, resiliencies, positive attribution, and its paradigm-shifting focus on solutions rather than problems. While written primarily for physicians, Anne Lutz marvelous Learning Solution-Focused Therapy: An Illustrated Guide is, in my opinion, the best all-around manual on how to do Solution-Focused Therapy. It is filled with specific procedures and techniques, followed by outstanding clinical examples, and include wonderfully clear video illustrations, all of which make this not only one of the most practical Solution-Focused books, but perhaps one of the most practical psychotherapy books currently available. --Terry S. Trepper, Ph.D., Editor, Journal of Family Psychotherapy, Professor of Psychology, Purdue University Calumet

Dr. Lutz challenges physicians and clinicians to move past our training in chief complaints and problem lists to a new paradigm focusing on strengths and solutions. This is not a naïve way of sugarcoating serious issues, but a liberating way of making an alliance with patients, forging a collaborative path forward and improving health. Her clinical examples and step by step guidance will help all practitioners to utilize this approach in almost any clinical situation. The process of focusing on positive differences in even the worst of times allows for the individual and family to see that the seeds for change already exist and can be magnified and nurtured. --Marie Hobart, M.D., Chief Medical Officer, Community Healthlink; Clinical Associate Professor of Psychiatry, University of Massachusetts Med School

From the Inside Flap

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About the Author

Anne Bodmer Lutz, M.D., is Director of Training for the Institute for Solution-Focused Therapy. She was trained by the founders of solution-focused therapy, Insoo Kim Berg and Steve de Shazer, and has provided training seminars with Insoo Kim Berg and Yvonne Dolan. Dr. Lutz is an assistant professor of psychiatry at

the University of Massachusetts, Worcester. She is also medical director of a residential treatment center for adolescent girls suffering from addiction and co-occurring disorders that integrates solution-focused approaches within their treatment. She provides direct clinical supervision, teaching, and training to psychiatric residents and psychology interns, and conducts training workshops in solution-focused approaches for community-based organizations. She also has a private practice providing solution-focused psychiatric treatment to children and families.

Users Review

From reader reviews:

Steven Whitney:

Reading a book tends to be new life style in this particular era globalization. With studying you can get a lot of information that will give you benefit in your life. Having book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. Lots of author can inspire their very own reader with their story or their experience. Not only the story that share in the publications. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on earth always try to improve their expertise in writing, they also doing some exploration before they write for their book. One of them is this Learning Solution-Focused Therapy: An Illustrated Guide.

Anthony Jarrard:

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