Solution Focused Stress Counselling (Paperback)

By Bill O Connell

Sage Publications Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 230 x 156 mm. Language: English Brand New Book ***** Print on Demand *****. A strength of the book is that the solution-focused therapy process was clearly identified in a step-by-step procedure, with many examples of specific dialogues and strategies that would be appropriate with a client. Overall the book presented a coverage of the theoretical and application components of solution-focused counselling that would be valuable reference for health psychologist or allied-health professionals working in a stress-counselling role - Journal of Family Studies Solution-focused therapy is of growing interest to a wide range of professional not only because of the tight time limits within which so many have to work; counsellors are increasingly open to using a variety of approaches based on what is most helpful to their clients in their particular contexts. This book aims to help practitioners to extend their therapeutic repertoire of interventions by explaining clearly how solution-focused skills can help clients.Written for a wide range of professionals - psychologists, counsellors, social workers, probation officers, and mental health workers - this solution-focussed therapy manual looks at organizational and work-related stress, and on developing solutions for groups.

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