



Solutions Focused Therapy for the Helping Professions

Barry Winbolt

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Solution-Focused Brief Therapy (SFBT) is an effective goal-focused therapeutic approach that involves working in partnership with the client, and empowers them by focusing on their strengths and achievements, the present and future, rather than examining their inner world and past events. Drawing on over 20 years' of experience advising and training people in the caring professions, Barry Winbolt explains the basic steps involved in the SFBT approach and covers the organising principles, the main tools and how to become comfortable using them. The book also features consolidating exercises on the key steps in using the approach. This book is perfect for anyone working in a caring or support role, who do not think of themselves as a 'therapist' but who nevertheless use counselling or communication skills in helping and guiding their clients. Solution-Focused Brief Therapy for the Helping Professions will also be a useful addition to any experienced practitioner's library.

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