



Solution Focused Therapy for the Helping Professions

Barry Winbolt

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This accessible guide to Solution Focused Brief Therapy (SFBT), an effective therapeutic approach which focuses on strengths and achievements, provides a practical introduction to what SFBT is and how to use it with clients.

Barry Winbolt leads the reader through the principles, techniques and steps involved in the approach, including forming a productive working relationship with the client, using questions creatively, the effective use of language, and working collaboratively with the client in finding solutions. Case studies are included to demonstrate the ideas and techniques presented.

This book will be invaluable to all those in the helping professions who are either already familiar with SFBT and want to improve their knowledge, or are looking for new and effective ways to communicate with and help the people they work with.

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