



# Solution Building in Couples Therapy

*Elliott Connie MA LPC*

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## **Solution Building in Couples Therapy** Elliott Connie MA LPC

"Elliott Connie has written a remarkable book. Read it and you will be taken on a journey. If you are new to the world of solution focused brief therapy, beware! This book could capture your heart As Elliott says from the very beginning, solution focused brief therapy is simple, so simple it is really hard to learn. And from this book, if you set out to do so, you could teach yourself how to become a competent solution focused brief therapist. It is all here, laid out clearly, packed with examples from the real world of therapy, repeated and repeated like onion skins, each repetition releasing its own flavour, a variation on a theme, a new understanding of something already known."

**Chris Iveson, MA**  
BRIEF  
London, UK

Working with couples presents psychotherapists and counselors with a unique set of challenges, such that many therapists prefer not to work with couples or attempt to avoid it entirely. In the first book written about solution focused therapy (SFT) with couples, author Elliott Connie describes how his use of SFT made working with couples a pleasure rather than a burden. The solution focused approach is one that facilitates cooperation between partners in the creation of an agreed-upon future, rather than merely focusing on the problems that have come to define the relationship.

Beginning with a clear explanation of the assumptions and tenets required for the practice of SFT, this book presents a step-by-step breakdown of exactly how to conduct solution building sessions with couples. Each chapter focuses on a different part of the therapeutic process and includes sample dialogues, techniques, and vignettes drawn from the author's own extensive practice. Readers will feel as though they themselves are going through the therapeutic process with the couples and observing the impact of each step of the process. Numerous exercises and common solution focused questions help readers integrate this new material into their repertoire for immediate use.

### **Key Features:**

- Provides a unique view of couples therapy in action using the solution focused approach
- Includes actual questions to ask clients, sample dialogues, and sample homework assignments
- Features examples drawn from actual cases, illustrating techniques used in practice with real couples
- Presents scales to measure progress and supporting research for the application of solution-focused therapy to couples counseling

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