

# Resolving Sexual Abuse Solution Focused Therapy And Ericksonian Hypnosis For Adult Survivors

Solution-Focused Brief Therapy Cynthia Franklin 2011-09-08 Therapy is frequently miscast as requiring an enormous amount of time and financial commitment, but helpful, goal-oriented therapy can produce positive results after only a few sessions. By focusing on solutions instead of problems, SFBT asks clients to set concrete goals and to draw upon strengths in their lives that can help bring about the desired change for a preferred future.

Animal-Assisted Brief Therapy Teri Pichot 2011-02-14 Learn to use a powerful tool in Solution-Focused Brief Therapy—a pet Animal Assisted Activities/Therapy (AAA/T) is an innovative intervention in which an animal becomes a crucial—and highly effective—part of the treatment process. Pet-Assisted Brief Therapy: A Solution-Focused Approach gives therapists the tools they need to begin and maintain an effective treatment program that meaningfully merges dogs and other therapy animals with Solution-Focused Therapy (SFT). This unique book clearly explains how AAA/T integrated with SFT in one substance abuse counseling program. It provides a revealing description of the program's challenges and successes, and discusses the possibilities for AAA/T implementation in other agencies. The authors review in detail the multitude of scenarios where animals can add a valuable dimension for treatment with clients on specific issues. Animal-Assisted Brief Therapy: A Solution-Focused Approach provides therapists with concrete examples of how to appropriately implement AAA/T to cultivate positive effects in treatment. The book explains how this loving and patient therapy for clients need not be the difficult challenge that it at first appears to be. This resource takes you step by step through the process, showing what practical strategies can be used to offset most obstacles and unknowns. This one-of-a-kind guide clearly explains how to blend and structure the numerous aspects of AAA/T with Solution Focused Therapy to become a more effective treatment program. Appendices provide AAA/T resources, sample policy and procedures, and training resources across the United States. Animal-Assisted Brief Therapy: A Solution-Focused Approach discusses: the history of AAA/T common values between AAA/T and Solution-Focused Therapy the principles and goals of SFT how to understand canine culture the creation of a successful AAA/T program phobias, allergies, liabilities, and insurance therapy dogs' needs common interventions therapy with children therapy with adolescents therapy with adults therapy with substance abusing clients Animal-Assisted Brief Therapy: A Solution-Focused Approach provides a comprehensive look at AAA/T and is perfect for therapists struggling to find new and effective ways to work with clients; therapists trying to utilize this approach in their practice; administrators and clinical supervisors wanting to implement AAA/T at their agency; educators; and students.

**Hope in Action** Heather Fiske 2012-07-26 Respectful and effective solution-focused brief therapy (SFBT) for suicidal clients Few tasks are more important—and daunting—than to help someone who is suicidal to go beyond the darkness of hopelessness to the light of hope. Hope in Action: Solution-Focused Conversations About Suicide is a unique resource providing fresh approaches to treating individuals and families where suicide is an issue. This comprehensive book provides a thorough grounding in using a solution-focused therapy approach to elicit and reinforce hope and reasons for living. Strategies are demonstrated with stories, case vignettes, and transcripts. Special applications include some of the most challenging high-risk clients that therapists treat, including people who make repeated attempts. This powerful resource offers a set of practice principles based on the existing empirical evidence in the context of clinical utility and client expertise. Hope in Action: Solution-Focused Conversations About Suicide provides case transcripts to help in role-play or rehearsal situations as well as numerous practical tips. The book also provides lists of solution-focused questions for use in various situations, including suicide crisis, the use of anti-depressant medications, facilitation of collaborative working relationships with colleagues as well as clients. Each application chapter gives therapists practical, hands-on tools and uses stories and illustrations to make the book user-friendly. The text also offers a brief appendix on the basic skills of SFBT. Topics discussed in Hope in Action: Solution-Focused Conversations About Suicide include: current knowledge about preventing suicide at the individual level helping clients to utilize their strengths even when they are in crisis how research in diverse areas supports the solution-focused approach effective treatment for couples and families when one member is suicidal basic approaches to effective therapy with young children and teens who have attempted suicide respectful, effective therapy with people who seem to have adopted being suicidal as their primary coping strategy therapeutic tools that help the therapist to stay hopeful about clients and strengthen the therapeutic relationship Hope in Action: Solution-Focused Conversations About Suicide is a valuable resource for counselors and therapists at every experience level.

**Constructive Therapies** Michael F. Hoyt 1997-07-04 Recognizing that clients are unique and resourceful creators of their own realities, this hands-on guide promotes skills that help clinicians meet the demands of the current health care environment. Contributors representing a range of specialties demonstrate how they assist clients to achieve desired goals, using actual case examples that provide a vivid sense of what these noted authorities do and why they do it. Topics covered include enabling clients to draw on their own strengths and competencies; staying on track in brief therapy; asking solution-oriented questions; utilizing such techniques as role playing, reframing, story telling, acknowledgment humor, and encouragement in resolving conflict; helping clients access valuable resources that may have been compartmentalized as a result of physical or sexual abuse; supporting clients in freeing themselves from maladaptive patterns such as eating disorders; and more. Note: This book was previously published in hardcover. See the hardcover listing for the original copyright date.

Solution-Focused Treatment of Domestic Violence Offenders Mo Yee Lee 2003-03-27 Every fifteen seconds someone commits a crime of domestic violence in the United States, and most violators will be court-mandated to receive group treatment. Outcome studies of traditional treatment programs (those with confrontational or educational approaches) indicate high rates of dropping out and low effectiveness, lending urgency to the need to find an alternative method. This book describes a cutting-edge treatment approach that creates effective, positive changes in domestic violence offenders. Solution-focused therapy focuses on holding offenders accountable and responsible for building solutions, rather than emphasizing their problems and deficits. By focusing on "solution-talk" instead of "problem-talk," clients are assisted in developing useful goals and solution behaviors that are then amplified, supported, and reinforced through a solution-building process. The book will be of great interest to professionals and graduate students in social work, psychology, and counseling.

**Solution Focused Practice in End-of-Life and Grief Counseling** Joel K Simon, MSW, ACSW, BCD 2009-10-14 "Although I have been a hospice nurse for almost 19 years, I am not a counselor. However, I will be able to use some of the information I learned here to assist my patients and my colleagues with issues encountered during the difficult time when patients are dying and families are struggling with realities. I will definitely share this book with our bereavement counselors and social workers." Score: 90, 4 stars --Doody's "[T]his is a book about possibilities-not finalities...about all the different ways that people deal with loss and bereavement—and how solution focused brief therapy can be helpful in making sense of the experience that people go through when facing death." --Harry Korman, MD Solution focused practice challenges the conventional approach to bereavement counseling by emphasizing solution building over simple problem-solving. Joel Simon, with over 16 years of experience in the field, demonstrates how this therapy can help clients think of possibilities, rather than limitations, when facing death or the loss of a loved one. This book presents a general overview of solution focused practice, tools, and methodologies for practitioners. Simon also provides real-life vignettes and verbatim transcripts from actual patients in end-of-life or bereavement counseling. This book provides insight into the philosophy and practice of solution focused therapy, as applied to clients with life-limiting conditions and their loved ones. Key topics discussed: The use of language in solution focused practice: theory, meaning making, and the role of emotions Tools of solution-building, with questions, troubleshooting guidelines, and tips for evaluating outcomes The distinction between problem-solving and solution-building Co-constructing goals with clients Applying solution focused principles to hospice, grief, and bereavement practice This resource serves as an invaluable tool for social workers, hospice workers, psychologists, and other bereavement and grief-counseling professionals.

Solution-Focused Brief Therapy Teri Pichot 2014-02-04 Re-energize your practice! Solution-Focused Brief Therapy: Its Effective Use in Agency

Settings chronicles the lessons learned when a substance abuse counseling program switches its theoretical orientation from problem-focused to solution-focused. The book details the technical aspects of the changeover (theory, techniques, interventions, politics, and team design) as well as the personal struggles the team endured and the successes they enjoyed. It demonstrates how solution-focused therapy can be applied to both clinical and administrative work while addressing questions and concerns, providing general information and help in understanding the subtleties and idiosyncrasies of the treatment. Solution-Focused Brief Therapy is a practical, step-by-step guide to individual and group solution-focused therapy, presenting a new and effective method of working with clients that re-energizes therapists and benefits administrators and clinical supervisors. The book provides clear descriptions of basic interventions and philosophy, highlights points of contrast with more traditional approaches, examines the principles behind the "Miracle Question," and demonstrates how to integrate relapse prevention, help clients maintain therapeutic gains, and communicate effectively with colleagues who represent different philosophies. Solution-Focused Brief Therapy provides a thorough understanding of solution-focused therapy through the use of: case studies interviews with therapists sample forms tables and much more! Solution-Focused Brief Therapy: Its Effective Use in Agency Settings is ideal for professionals interested in implementing solution-focused therapy into individual, group, or agency settings, including child protection agencies, community mental health clinics, private practices, sexual abuse programs, substance abuse treatment, family based services, and academics working in substance abuse counseling, social work, psychology, and general counseling.

*Group Psychotherapy for Psychological Trauma* Robert H. Klein 2000-05-17 This indispensable book is designed to help practitioners create, initiate, and maintain therapy groups for traumatized individuals. Written by an array of experienced group therapists, the book addresses general aspects of trauma group therapy as well as issues specific to different populations and clinical problems. Cogent, practical information is provided on such important topics as screening and selecting members, understanding the impact of trauma on group dynamics, managing the effects of flashbacks, addressing dissociative states, working with countertransference reactions, and dealing with clients' emotional crises. Approaches and strategies are discussed for diverse groups, including survivors of sexual and physical abuse, clients with severe medical illnesses, bereaved children, survivors of catastrophic events in the community, victims of political and ethnic persecution, and those with diagnosed mental disorders in which trauma plays a significant role. Filled with illustrative case material, the book offers essential insights and tools for therapists, supervisors, and trainees from a range of orientations.

*Solution-Focused Brief Practice with Long-Term Clients in Mental Health Services* Joel K. Simon 2012-03-22 Valuable patient-centered ideas for treating mental illness Traditional forms of mental health care can often center more on simply avoiding hospitalization than on promoting wellness by focusing on a patient's personal feelings and hopes. In fact, these established methods can even have a dehumanizing and devaluing effect on a patient. Solution-Focused Brief Practice with Long-Term Clients in Mental Health Services is a practical introduction and guide that provides practitioners an alternative way of thinking about and working with individuals who have been long-term users of the mental health system. Through interviews, case studies, and actual client testimony, this valuable text demonstrates the most effective ways to establish patient-centered conversations that forge collaborative relationships, realize strengths, and use them to move toward healing. Solution-Focused Brief Practice with Long-Term Clients in Mental Health Services is a strength-based approach that utilizes a client's personal and social resources to help them find a satisfactory solution to the sources of their need for professional help. This book offers a unique approach that can be applied to those who have been in the mental health system for many years and may remain so. Accessible and useable, this guide explores the meaning of conventional diagnosis and treatment and how both can actually reinforce the client's disability, chronicity, and sense of helplessness as a person. Topics Solution-Focused Brief Practice with Long-Term Clients in Mental Health Services covers include: the tools of solution-focused brief practice working with borderline personality disorder adaptability and application to different contexts "reading" the client during discussion sessions emphasizing an individual's healthy parts the role of community support rethinking the medical model implementing solution-focused practices in agencies and hospitals poststructuralism, social constructionism, and language games and many more! Solution-Focused Brief Practice with Long-Term Clients in Mental Health Services is extensively referenced with a detailed bibliography. It is an essential resource for psychiatrists, social workers, psychologists, family therapists, counselors, nurse practitioners, and schools of social work and family therapy training programs. Staff of inpatient psychiatric hospitals, psycho-social clubs, and community mental health clinics will also benefit from this indispensable text.

*Solution-Focused Substance Abuse Treatment* Teri Pichot 2011-03-17 Solution-Focused Substance Abuse Treatment describes the standard of care for substance abuse treatment, demonstrates how solution-focused brief therapy exceeds this standard, and shows how it can effectively be used in substance abuse evaluation, case management, and both individual and group treatment. Beginning and advanced concepts are provided to address the questions of even the most advanced clinician, all placed in the context of cultural awareness. Most importantly, the author answers the many questions professionals may have about how solution-focused brief therapy can be successfully integrated into the field of substance abuse. It provides a thorough understanding of the issues that therapists face when working with this at times challenging population, and demonstrates how the use of solution-focused brief therapy can minimize power struggles and enhance client success. Sample forms and handouts are included, as are additional resources for effective evaluation and treatment.

**Memory and Suggestibility in the Forensic Interview** Mitchell L. Eisen 2001-09 This work offers an overview of our understanding of children's and adults' eyewitness capabilities. The authors provide an insight into the social, cognitive, developmental and legal factors that affect the accuracy and quality of information obtained in forensic interviews.

**Clinical Handbook of Couple Therapy, Fifth Edition** Alan S. Gurman 2015-05-28 Regarded as the authoritative reference and text, this handbook presents the most effective, widely studied approaches to couple therapy. The distinguished coeditors bring together other leading experts, most of whom developed the approaches they describe. Adhering closely to a uniform structure to facilitate study and comparison, chapters cover the history, theoretical and empirical underpinnings, and techniques of each model. The volume also describes cutting-edge applications for particular relationship contexts (such as blended families, LGBT couples, and separated couples) and clinical problems (such as partner aggression, psychological disorders, and medical issues). New to This Edition \*Chapters on interpersonal neurobiology and intercultural relationships. \*Chapters on couple therapy for PTSD, functional analytic couple therapy, and the integrative problem-centered metaframeworks approach. \*Many new authors.\*Extensively revised with the latest theory and research. See also *Clinical Casebook of Couple Therapy*, edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

*Becoming a Solution Detective* John Sharry 2011 "Becoming a Solution Detective is a practical, how-to guide for therapists, counselors, social workers, psychologists, nurses, and other professionals who are interested in making their practice solution-focused quickly and effectively. The authors, co-founders of the Brief Therapy Group in Dublin, Ireland, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant through case examples, practice exercises, and role-plays. The book's hands-on approach allows practitioners to adopt the authors' simple, self-teaching style and apply it to their work with clients. It includes practical information on: differences between the solution-based approach and traditional therapy establishing a successful therapeutic alliance with clients determining detailed, meaningful goals for the client mapping the clients journey to a solution possibleâ dead ends in applying this type of therapy and much more! Becoming a Solution Detective is equally effective for newcomers to solution-focused therapy and professionals seeking to apply its principles to their own practices. As an academic textbook, the book is ideal for individual study in a variety of courses, including social work, counseling, nursing, psychology, education, and any other helping professions. "--

**Adult Survivors of Sexual Abuse** Mic Hunter 1995-04-03 For the practitioner working with adult survivors of sexual abuse, this book is a must. Offering useful treatment innovations, this volume opens with a clear review of dynamic theories that provides a solid introduction to understanding and treating adult survivors of sexual abuse. What follows are three chapters dealing with various sexual problems of adult survivors, including sexual dysfunction and sexual compulsivity. The final part of this practical book examines clients with special needs - the very difficult survivor with personality disorders, chemically dependent survivors, male survivors, and partners of survivors. Well balanced and written in an easy-to-follow style,

this volume provides concrete directions for intervention. Practitioners in the fields of clinical psychology, counseling, social work, and mental health - as well as advanced clinical students - will find this an indispensable resource.

**Opportunities in Solution-Focused Interviewing** Joel K. Simon 2023-08-25 Written by the developers of the microanalysis of opportunities approach, this book describes how clinicians can use this model when listening and responding to clients in solution-focused therapy, training, coaching, and supervision. Joel K. Simon and Lance Taylor begin by reviewing the evolution, philosophical foundations, and intervention tools of solution-focused brief therapy, sharing how their practice has evolved over time from their clinical experience with clients, trainees, supervisees, and colleagues. Moving from theory to practice, the book then explores microanalysis of opportunities, beginning with how the authors developed the approach and created the process. Replete with actual examples of conversations between clients and therapists, and between trainer and trainee, the book demonstrates how the model can be applied in practice with analyses and discussions about analyzed material throughout. It displays the application of the approach to coaching, supervision, and training. This valuable book will not only be useful to therapists new to solution-focused brief therapy, but also to those who are experienced solution-focused practitioners. Psychotherapists, clinical social workers, counselors, and other mental health professionals will find this an illuminating read.

More Than Miracles Steve de Shazer 2012-01-26 The latest developments in this groundbreaking therapy approach! More Than Miracles: The State of the Art of Solution-Focused Brief Therapy is a ground breaking, intellectually provocative book, revealing new advances in the widely used, evidence based Solution-focused Brief Therapy (SFBT) approach. The final work of world renowned family therapists and original developers of SFBT, the late Steve de Shazer and Insoo Kim Berg (who passed away shortly before the book's release) this definitive resource provides the most up-to-date information available on this eminently practical, internationally acclaimed approach. New revelations about the impact of language in therapeutic change are presented precisely and clearly, illustrated with real life case examples that give readers a "hands-on" view of the newest technical refinements in the SF approach. Challenging questions about the applications of SFBT to complex problems in "difficult" settings are given thoughtful, detailed answers. The book's unique design allows the reader to "listen in" on the lively discussions that took place as the authors watched therapy sessions. The solution-focused brief therapy approach is based upon researchers observing thousands of hours of psychotherapy sessions and studying which questions and responses were most effective in helping people develop solutions to their problems. More Than Miracles: The State of the Art of Solution-Focused Brief Therapy is the most up-to-date, comprehensive review of this approach. This book discusses the latest developments in the fields of family therapy, brief therapy, and psychotherapy training and practice. A succinct overview orients the reader to the current state of SFBT, and provides three real life case transcripts that vividly illustrate the practical applications of SFBT techniques. The seminar format of More Than Miracles: The State of the Art of Solution-Focused Brief Therapy allows readers to: sit in on surprising psychotherapy sessions eavesdrop on the authors' commentary about the sessions get a comprehensive overview on the current state of SFBT review and understand the major tenets of SFBT learn specific interventions, including the miracle question and the reasons for asking it understand treatment applicability read actual session transcripts understand the "miracle scale" get insight into the unique relationship between Wittgenstein's philosophy and SFBT better understand SFBT and emotions examine misconceptions about SFBT and more More Than Miracles: The State of the Art of Solution-Focused Brief Therapy is illuminating reading for psychotherapists, counselors, human services personnel, health care workers, and teachers.

Women Survivors of Childhood Sexual Abuse Terry S Trepper 2014-03-18 Women Survivors of Childhood Sexual Abuse is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse. Offering the practical "how to's" of conducting a thirteen-session group, this unique book emphasizes the discovery of solutions, strengths, and internal/external resources and highlights the temporal nature of "being a victim" and "being a survivor" at theoretical and clinical levels. The book's integration of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse. In Women Survivors of Childhood Sexual Abuse, you'll uncover topics related to healing such as: the theoretical rationales for group treatment, which include the Ericksonian approach, the feminist perspective, narrative therapy, and the solution-oriented approach resiliency- and resource-based approaches the importance of language in recovery from sexual abuse how to deal with issues such as relationships, telling one's story of abuse, building safety/boundaries, spirituality, cultivating a future, dealing with flashbacks A practical guide for students in counseling practicums, Women Survivors of Childhood Sexual Abuse provides you with a systematic method with which to conceptualize and conduct group work. Experienced counseling practitioners in psychology, social work, psychiatry, and nursing will also benefit as you gain a session-by-session account of how to conduct group work. In today's institutional setting, private practice, and professional climate in general, there is growing interest in how to do more with less, how to maximize financial and professional resources, and how to take care of our therapist selves. This book will help you achieve these goals through leading clients to personal empowerment, self-compassion, and resourcefulness.

Interviews With Brief Therapy Experts Michael F. Hoyt 2013-05-13 This book is a compilation of twelve interviews with brief therapy experts and some of the field's most influential innovators (O'Hanlon, de Shazer, White, and Meichenbaum to name a few). The interviews, conducted to explore technical, theoretical, and ethical aspects of the theory and practice of brief therapy, offer the give-and-take spontaneity that can only be found in an interview style. The selection of the content is based on both the expertise of the interviewees as well as those issues of most concern to the field: managed care and economics, ethics, and being solution-focused.

Handbook of Solution-Focused Brief Therapy Thorana S Nelson 2012-03-22 An invaluable guide to the history, descriptions of practice strategies, and applications of SFBT! The Handbook of Solution-Focused Brief Therapy is a unique, comprehensive guide that assists clinicians, regardless of experience level, in learning and applying the concepts of Solution-Focused Brief Therapy (SFBT) to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail, which focuses on encouraging clients to look at exceptions, times when the problem could have occurred and did not, and goals and future possibilities. A history of the practice model and its interventions is discussed, along with limitations, descriptions of practice strategies, applications to specific client populations, and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SFBT model. The Handbook of Solution-Focused Brief Therapy first lays a foundation of knowledge, providing chapters on the crucial assumptions and practices, history, and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations, including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few "outside therapy room" applications. Other chapters focus on the important issues in therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution-Focused Brief Therapy include: assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith-based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations, misunderstandings, and misuses of SFBT a tribute to the late Steven de Shazer, co-founder of the SFBT approach The Handbook of Solution-Focused Brief Therapy is an invaluable reference for all types of therapists, including psychologists, counselors, social workers, and family therapists at any level of experience, including students, trainees, and experienced therapists.

Readings in Family Therapy Janice M. Rasheed 2009-10-21 This reader will serve as a supplemental resource for the text: Family Therapy: Models, Skills and Techniques: A Comprehensive Introduction, and the Instructors Manual. The Reader has two purposes: - to provide background reading material to assist the instructor in the preparation of class room lectures and - to provide additional resources beyond the scope of an introductory family therapy textbook

**School-Based Family Counseling for Crisis and Disaster** Brian A. Gerrard 2023-04-05 School-Based Family Counseling for Crisis and Disaster is a practical handbook with a school-based family counseling and interdisciplinary mental health practitioner focus that can be used to mitigate crises and disasters that affect school children. Anchored in the school-based family counseling (SBFC) tradition of integrating family and school mental health interventions, this book introduces interventions according to the five core SBFC metamodel areas: school intervention, school prevention,

family intervention, family prevention, and community intervention. The book has an explicit "how to" approach and covers prevention strategies that build student, school, and family resilience for handling stress and interventions that can be provided during and immediately after a disaster or crisis has occurred. The chapter authors of this edited volume are all experienced professors and/or practitioners in counseling, psychology, social work, marriage and family therapy, teaching, and educational administration. All mental health professionals, especially school-based professionals, will find this book an indispensable resource for crisis planning and developing a trauma-sensitive school.

**The Art of Solution Focused Therapy** Elliott Connie, MA, LPC 2009-06-15 What is Solution-Focused Therapy? Solution Focused Therapy (SFT) is a unique, goal-directed therapy aimed at helping clients regain autonomy by determining and achieving their own goals. Solution focused therapists encourage clients to focus on solutions, not problems, and help clients effectively plan how to reach their goals. Unlike other therapies, SFT holds an abiding belief in clients' abilities to know what is best for them, rather than have a therapist tell them. Why this book? This book not only provides an overview of the Solution Focused therapy model, its basic tenets, and theories; it also presents intimate interviews with expert practitioners—all of whom use SFT in their own practice. To this end, the book offers a wealth of insight into the theory and practice of SFT, to help practitioners decide whether SFT is right for them and their clients. These experts offer details of their apprehensions, goals, breakthroughs, and overall experiences with the therapy. The team of expert contributors includes Eve Lipchik, Yvonne Dolan, Alasdair Macdonald, Thorana Nelson, and many more. Questions the experts address include: How did you discover that SFT was the model that fit your clients' needs? What characteristics of this model drew you towards it? How has SFT impacted your personal life? What is it about SFT that makes it so effective? What are your favorite cases and how did they affect your work as a therapist?

**Reclaiming Herstory** Cheryl Bell-Gadsby 2013-06-20 Women who have survived sexual abuse are among the most traumatized individuals who seek therapy. Assisting such clients to reframe transcend their abusive pasts requires enormous sensitivity and therapeutic skill. *Reclaiming Herstory: Ericksonian Solution-Focused Therapy for Sexual Abuse* will greatly help therapists hone their craft with its solution-focused, Ericksonian approach and highly refined techniques for working with this population. The approach the authors present has evolved through work with hundreds of sexual abuse survivors. The authors have found their techniques to be remarkably effective in helping these clients to regain a sense of freedom and empowerment in their lives. The authors view the healing process as a collaborative partnership in which the therapist co-creates with the client a positive context for healing. This process comprises four distinct stages through which every client must pass in order to achieve their own unique potential. The book clearly describes the primary symptoms and features of the four stages, which are: Breaking the silence and unmasking the secret Becoming visible Reclaiming and reintegration of the self Empowerment and the evolution of the sexual self It also presents, for each stage, a series of detailed metaphorical stories, exercises, and rituals designed to assist a client who is traversing a particular stage. Numerous suggestions, lists, questions, and vivid case studies help the therapist to identify and assess the individual needs of a particular client and then pinpoint those tools that will best facilitate the healing process at a given stage. Recognizing the severe toll that work with sexually abused clients can take on the therapist, *Reclaiming Herstory* also provides strategies for self-care that can be used during various stages of therapeutic practice. The volume also provides a timely and important discussion of the controversial false memory backlash and its impact on the survivor and implications for the therapist.

EBOOK: The Solution-Focused Helper: Ethics and Practice in Health and Social Care Trish Walsh 2010-08-16 "Walsh's book is not only thorough, thoughtful, and clearly written, it is also timely because as SF practice applications with their parallel knowledge bases continue to multiply, the questions Walsh addresses so competently are cutting edge for adopting a SF approach to practice in human services." Peter De Jong, Solution-focused Therapist, Trainer, and Consultant and Emeritus Professor of Social Work, Calvin College, USA Based in part on original research with over 50 practitioners, this absorbing book provides a practice model for solution-focused helping, developed from real-life experiences across a number of settings. The book begins by reviewing the original De Shazer and Berg practice model, establishing a case for change and then introduces a new concept for the solution-focused helper. Case examples are used to demonstrate the application of this new model in five different practice settings: Healthcare Learning disability Services for older people and end-of-life care Community development Services for globalised diverse communities Reflective exercises and research reviews are included for each setting as well as sections on policy contexts and ethical dimensions. The Solution-Focused Helper will support students and practitioners who are already familiar with the basic concepts and principles of solution-focused work and who wish to develop their practice and deepen their knowledge.

*Learning Solution-Focused Therapy* Anne Bodmer Lutz, B.S.N., M.D. 2013-11-06 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.

*Beyond Technique in Solution-focused Therapy* Eve Lipchik 2002-05-31 This book adds a dimension to the solution-focused therapy literature, providing a framework to facilitate nonformulaic clinical decision making. Focus is on how emotional issues can help pave the way to successful solutions. Case material is also used showing not only what a clinician does at particular moments in therapy but why.

**Solution-Focused Therapy** Yvonne M. Dolan 2023-12-19 This book presents the fundamentals of the evidence-based solution-focused brief therapy approach by examining how it was developed, the research that supports it, and the key techniques that enable its effective implementation. Developed originally as a psychotherapeutic approach, the solution-focused approach is now being applied across a wide variety of contexts including psychotherapy and counseling, schools, business, and organisations. This accessible and introductory guide provides a unified description and demonstration of the basic commonalities that characterise, inform, and support its implementation across all these contexts. Readers will acquire a clear understanding of the essentials of the solution-focused approach and how to apply it to everyday life. This book is essential for undergraduate students in courses such as psychotherapy, clinical psychology, and social work. As well as mental health professionals and caregivers seeking to quickly familiarise themselves with the solution-focused approach, and anyone interested in solution-focused and brief therapies.

**Hypnosis, Dissociation and Survivors of Child Abuse** Marcia Degun-Mather 2006-07-11 Hypnosis has not been fully appreciated in the treatment of trauma, largely due to it being implicated in the creation of false memories, which have previously led to false allegations of child abuse. This has led to a lot of misunderstandings about hypnosis. There is now a strong argument that the educated and professional use of hypnosis may be beneficial to the field of trauma, particularly in facilitating the resolution of trauma and processing of traumatic memories. This book re-introduces the importance of hypnosis in the field of trauma, with particular reference to survivors of child abuse. It covers theories of traumatic stress, theories of hypnosis and theories related to the long term effects of child abuse. As well as providing recent research in these areas, it offers practical therapy guidelines and case illustrations to assist qualified practitioners in treating their clients. The treatment described is predominately cognitive-behavioural, and uses hypnosis as an effective and powerful adjunct to this approach.

*Beyond Technique in Solution-Focused Therapy* Eve Lipchik 2011-09-12 Solution-focused therapy is often misunderstood to be no more than the techniques it is famous for—pragmatic, future-oriented questions that encourage clients to reconceptualize their problems and build on their strengths. Yet when applied in a "one-size-fits-all" manner, these techniques may produce disappointing results and leave clinicians wondering where

they have gone wrong. This volume adds a vital dimension to the SFT literature, providing a rich theoretical framework to facilitate nonformulaic clinical decision making. The focus is on how attention to emotional issues, traditionally not emphasized in brief, strengths-based interventions, can help "unstick" difficult situations and pave the way to successful solutions.

**One Small Step** Yvonne M. Dolan 2000 FOR ALL THOSE SURVIVORS who wonder when they will finally feel good, the answer is now. One Small Step reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life. Organized into easy-to-follow sections, readers will find help in: \* Moving Beyond Survivorhood \* Enjoying the Gifts of the Present \* Creating a Joyous Future \* Responding to Life's Challenges \* How to Start a Small Steps Support Group "The demands of fate can thwart one's journey. The exercises in One Small Step reclaim the ascendant path—the road to the real self. An internationally renowned expert, Yvonne Dolan provides a map to find the way home."—Jeffrey K. Zeig, PhD, Director, The Milton H. Erickson Foundation "This book has a groundbreaking message: people can truly move beyond the identity of a 'survivor'!"—Jill Freedman, MSW, coauthor of Narrative Therapy: The Social Construction of Preferred Realities "A manual for living and an absolute must for anyone who has survived the effects of trauma or loss and is ready to begin a rich and joyful life. Read it, reread it, and share it with a friend!"—Jim Duvall, Director, Brief Therapy Training Centres-International™ (A division of C.M. Hincks Institute) "Filled with helpful tips on how to reshape your future in spite of your past suffering."—Insoo Kim Berg, coauthor of Interviewing for Solutions

**Career Development in the Schools** Grafton T. Eliason 2008-10-01 Career Development in the Schools describes a dynamic process that continues to evolve in its rationale and practice. In many schools and in a variety of scholarly writings, the status of career development is controversial. Some observers assert that career development should be seen as a by-product of all of the knowledge and activities that are incorporated in the educational experience. In this view, career development tends to be seen as a random process that happens in a natural, almost magical way, without specific direction or structured form. However, most career theorists would argue that the career development of students should be a major mission of the school—a process too important to be only a by-product of scattered learning and activities that are inherently uneven from student to student. The prevailing contemporary perspective contends that career development in the schools should be planned, have its own content derived from research and theory, be systematically executed, and use methods that are relevant to the developmental levels of students throughout elementary, middle, and senior high schools. To further such ends, several national models of content and practice have been formulated by the American School Counselor Association, the National Career Development Revised Guidance Project, and by other organizations to identify the components, competencies, and outcomes that students of different ages and aspirations need to acquire as they grow in maturity. Several of these models are discussed at length in the various chapters of this book.

**Solution-Focused Case Management** Dr. Robert G. Blundo, PhD, LCSW 2015-11-06 "Blundo and Simon have successfully outlined how a solution-focused perspective can be a powerful tool for case managers. Their understanding and presentation is based upon practice scenarios that are real and applied...They clearly demonstrate the impact of 'thinking and language' and the importance of building a collaborative relationship with clients. Their work challenges the traditional theory-driven interventions that focus on problems and arrive at a diagnosis. They encourage a 'shift' to a co-constructive partnership that requires a practitioner to respect that clients are 'experts of their own lives'...They provide a clear step-wise discussion of techniques and strategies that can be employed working with individuals and families in case management settings. This book is a must read." - Lawrence T. Force, PhD, LCSW-R Professor of Psychology, Mount Saint Mary College, Newburgh, NY From the Foreword Solution-focused practice is a paradigm that stresses client abilities, strengths, and individual goals rather than disability. Written by a team of educator/practitioners noted for their expertise in solution-focused therapy, this "how-to" text for social work, counseling, and psychology students guides current and future case managers in learning this strengths-based, collaborative approach to case management. It discusses both the philosophical basis for solution-focused casework and demonstrates how it is ideally suited for the case management process. The book is based on teaching materials the authors have developed and used in their classes and workshops with undergraduate and graduate students and professionals. The text incorporates new research and theoretical developments in solution-focused therapy as well as actual practice scenarios demonstrating the process of building a collaborative relationship with individual clients and families. Replete with strategies and tools for practicing solution-focused case management, the text describes such essential skills as identifying goals, monitoring progress, working with other agencies, and transitioning out of treatment. It discusses issues related to ethical practice and presents strategies for self-care. Additionally, the book addresses diversity and social justice and their relationships to solution-focused practice. Student exercises help to reinforce knowledge. The text will assist case managers in a variety of settings—hospitals, nursing homes, rehabilitation facilities, community-based mental health agencies, schools, prisons, court systems, and shelters for the homeless and victims of domestic violence—to partner with their clients towards finding strengths-based and solution-focused approaches to resolving issues in a positive way. Key Features: Authored by noted experts in solution-focused education and practice Facilitates a reframing of casework and case management around client strengths and resources Provides specific case examples that allow readers to troubleshoot and apply solution-focused principles to practice Includes student exercises throughout the book

**Techniques and Issues in Abuse-Focused Therapy with Children & Adolescents** Sandra Wieland 1998-09-22 This text presents the many challenges for the therapists working with children and adolescents who have suffered abuse. It covers the reluctance of victims to talk about the abuse, helping victims to work through resistance, and more.

**Evolving Possibilities** Stephanie O'Hanlon 2013-05-13 First Published in 1999. When we attend a workshop or read a book, we usually encounter the end result of someone's research, theorizing, or contemplation. However, it is often true that the process of reaching that end-point is just as informative as the end-point itself. Evolving Possibilities is just such a look at the process. In a way, it offers a behind-the-scenes look at Bill O'Hanlon's approach to therapy. This book is a collection of twenty essays and articles written or co-written by Bill O'Hanlon. They span a time period from 1986 to the present. The articles are grouped into four different approaches to psychotherapy: Ericksonian/Strategic Approaches, Solution-Oriented Therapy, Possibility Therapy, and Inclusive Therapy. Moving through these four groups of essays, the reader has the unique opportunity to witness the evolution and transformation of a therapist's thoughts regarding a variety of therapeutic issues. The book offers a refreshing, open look at one therapist's attempts to make sense of psychotherapy, including views that have sparked debate within the professional community. By offering a private look into Bill O'Hanlon's public persona, Evolving Possibilities provides the reader with a thought-provoking study in professional development that is of interest to anyone engaged in the pursuit of more effective psychotherapeutic techniques and approaches.

**The Use of the Creative Therapies with Sexual Abuse Survivors** Stephanie L. Brooke 2007 This book is a useful reference for anyone seeking to provide therapy to survivors of sexual abuse. The approach represented here is a holistic one that utilizes various approaches to heal the various manifestations of sexual abuse trauma. Since the acts associated with such abuse are often so difficult to discuss, this book presents several methods of communicating these unspeakable horrors nonverbally, allowing the survivor to express their trauma with less difficulty. This approach seeks to use the actions of the body to heal the mind. This text contains information relevant to treatment fo.

**Resolving Sexual Abuse** Yvonne M. Dolan 1991 The book provides specific and practical techniques, derived from solution-focused therapy and Ericksonian hypnosis, for the treatment of adult survivors of sexual abuse.

**Career Counseling Across the Lifespan** Grafton T. Eliason 2014-03-01 Career Counseling Across the Lifespan: Community, School, and Higher Education is the latest volume in the Issues in Career Development Book Series, edited by Grafton Eliason, John Patrick, and Jeff Samide, from California University of Pennsylvania. The purpose of Career Development Across the Lifespan is to provide a broad and in-depth look at the field of career development as it applies to individuals involved in all areas of community counseling, school counseling, and higher education. The book will examine some of the field's major theories, themes, approaches, and assumptions using the writings of a variety of regional and international experts. Specific emphasis is spent examining issues reflective of today's challenges in developing and maintaining a workforce that is diverse, flexible, and efficient. Readers will be provided with an action based framework built on the best available research information. This text book is truly the culmination of 8 years work, compiling comprehensive studies from three previous volumes and updating key concepts in career counseling with the

most contemporary theories and innovations. We examine three primary domains of career counseling throughout all of the developmental stages of the lifespan: community, schools K-12, and higher education. We include a specific focus on career history and theories, to prepare students for both the counseling environment and for national exams leading to certification and licensure, such as the (NCE) National Counseling Exam. We also include cutting edge research on contemporary topics, including such areas as: military careers, life after the military, athletics, individuals with disabilities or special needs, career counseling in our current socio-economic environment, and current technologies such as virtual counseling. In addition, we have added case studies and key terms as study guides at the end of each chapter. We are fortunate to include many recognized experts in the field of career counseling. Career Counseling Across the Lifespan: Community, School, and Higher Education is a comprehensive text, written to address the broad needs of career counselors, educators, and students today.

**Clinical Handbook of Couple Therapy, Fourth Edition** Alan S. Gurman 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors--many of whom developed the approaches they describe--combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also Clinical Casebook of Couple Therapy, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

**Shattered Innocence** Neil Weiner 1995 Using a holistic approach, this new guidebook is geared toward mental health professionals working with women who have been victims of sexual abuse, and the survivors themselves. It provides background necessary for understanding child abuse, and presents a four-stage theoretical model for therapeutic intervention. Information is given that will enable the therapist to accurately diagnose the occurrence of childhood sexual abuse and conceptualize the effects of family, stage of development, and spirituality on the victim. Ego splitting is examined in detail. Also included are comprehensive case studies on the topic. In addition, this book serves as a bridge between the popular and professional literature on treatment of sexual abuse survivors. By using fairy tales and mainstream literature - including Peter Pan, The Wizard of Oz, Alice in Wonderland, The Velveteen Rabbit, and current pop works such as Stephen King's It - the authors show how numerous metaphors for abuse are presented in our everyday life. Woven throughout the volume is a historical and sociocultural perspective of the treatment of women and children - and how society has ignored such abuse. Coupled with the four-step process, this supplies the practitioner with a comprehensive overview, numerous invaluable treatment techniques, and an opportunity to gain an empathic understanding of the victim's life and experiences. Essential reading for professionals and students of counseling, psychology, social work, and other helping professions, the format also makes it highly accessible to lay-persons - both clients and other concerned individuals.

**Solution-Focused Brief Therapy** Johnny S. Kim, Ph.D. 2013-07-23 Solution-Focused Brief Therapy, by Johnny S. Kim, is the first book in the field to provide a practical overview of the essentials of solution-focused brief therapy (SFBT) from a multicultural perspective, including intervention skills, research, applications, and implications for practice. Case examples illustrate SFBT in action with a wide range of client populations. In addition, the book incorporates recommendations from the recently developed and approved SFBT treatment manual, published by the Solution-Focused Brief Therapy Association.

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