

Download Solution Focused Brief Counseling Techniques

Gerald B. Sklare, EdD, LPCC (Licensed Professional Clinical Counselor), NCC (Nationally Certified Counselor), is a professor in the Department of Educational and Counseling Psychology at the University of Louisville in Kentucky. *Solution Focused Brief Therapy: 100 Key Points and Techniques* provides a concise and jargon-free guide to the thinking and practice of this exciting approach, which enables people to make changes in their lives quickly and effectively. What is Solution-Focused Therapy? Solution-Focused Brief Therapy (SFBT), also called Solution-Focused Therapy, Solution-Building Practice therapy was developed by Steve de Shazer (1940-2005), and Insoo Kim Berg (1934-2007) and their colleagues beginning in the late 1970's in Milwaukee, Wisconsin. Brief psychotherapy (also brief therapy, planned short-term therapy) is an umbrella term for a variety of approaches to short-term, solution-oriented psychotherapy.