



# Solution-Focused Practice

## Effective Communication to Facilitate Change

*2nd edition*

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This textbook shows how any conversation directed towards change can become a solution-focused one, whether in a planned series of sessions with individuals, families, groups, or in the less structured contexts in which many helping professionals work. Full of real-life case examples and stimulating activities, this will be an invaluable guide to anyone wanting to develop their skills in this empowering approach. This textbook is a comprehensive and accessible guide for anyone who wishes to incorporate solution-focused practice. Originating in the world of talking therapies, the adaptability and usability of solution-focused practice is already used by many practitioners in health, social care and educational settings.

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### FEATURES

- Offers a crystal clear, step-by-step guide to the solution-focused approach
- Explores the art of facilitating change by asking good questions, listening intently and focusing on solutions
- Demonstrates the applicability of solution-focused approaches to a wide range of settings beyond just counselling and psychotherapy