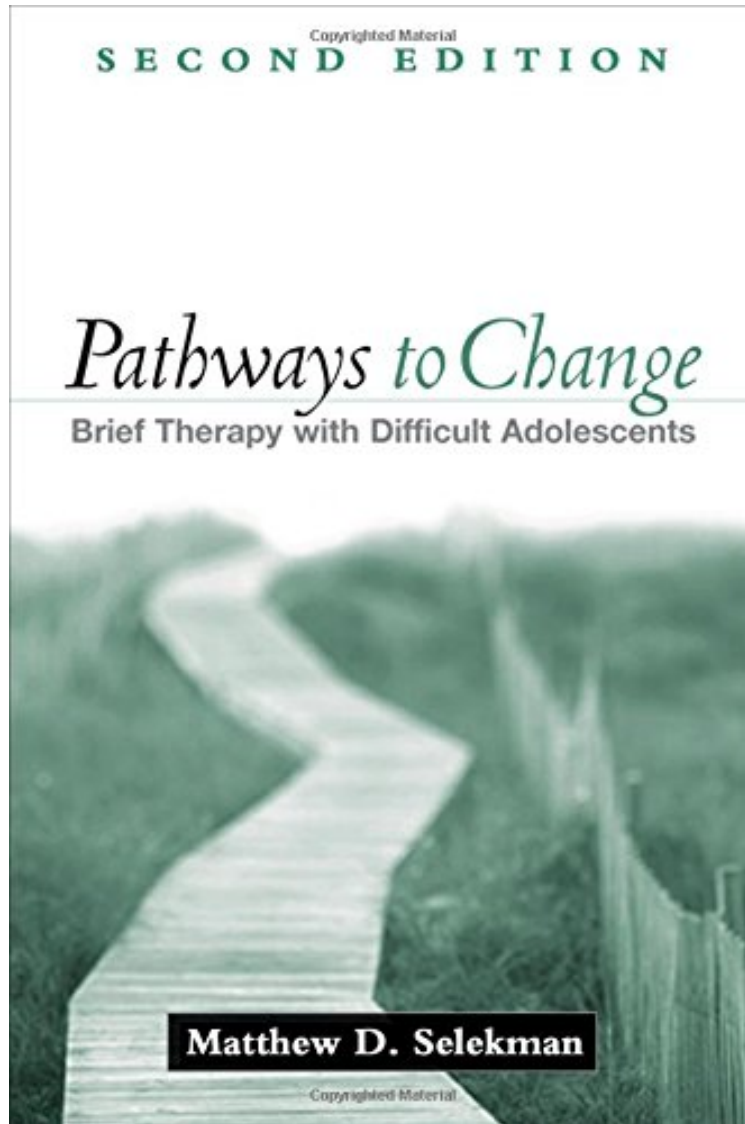


Pathways to Change, Second Edition: Brief Therapy with Difficult Adolescents

Matthew D. Selekman MSW

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Matthew D. Selekman MSW : Pathways to Change, Second Edition: Brief Therapy with Difficult Adolescents before purchasing it in order to gage whether or not it would be worth my time, and all praised Pathways to Change, Second Edition: Brief Therapy with Difficult Adolescents:

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written, cites research over 40 years old, does not discuss what solution focused therapy really is, criticizes other therapists, treatment centers, and DSM-IV. Not worth purchasing if you really want to know what Solution focused therapy is. Quackery.0 of 0 people found the following review helpful. Four StarsBy Connie K DavisGood Resource2 of 3 people found the following review helpful. Healing the PersonBy KayFrom the perspective of Healing this is a good resource.It is practical and directive.It helps and prompts the reader to do work in their own life and impart healing to others.Thank you for the structure and content which is very useful for anyone.There is nothing more necessary than healing, behaviour and relationships.

This innovative, practical guide presents an effective brief therapy model for working with challenging adolescents and their families. It demonstrates powerful ways to help families gain new perspectives on longstanding problems and co-construct realistic, well-formulated goals, even when past treatment experiences have left them feeling demoralized. Solution-oriented techniques and strategies are augmented by ideas and findings from other therapeutic traditions, with a focus on engagement and relationship building. Illustrated with extensive clinical material, the book shows how to draw on each family's strengths to collaboratively bring about significant behavioral change.

"This is the best book I've ever read on the solution-focused approach. The ideas are easy for students to understand and the book is fun to read. It doesn't read like a textbook, but I use it as one because it is so comprehensive and accessible. Selekman captures the essence of a creative therapist whose goal is to help clients be successful, and he does a masterful job of teaching this technique. Students have told me it is the best book they've bought for any class!"--Laurel Edgecomb, MFT, instructor, Graduate Counseling Program, St. Mary's College of California