



### Theory and Practice of Brief Therapy

By Simon H. Budman, Alan S. Gurman

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Theory and Practice of Brief Therapy, Simon H. Budman, Alan S. Gurman, This classic work provides a richly textured overview of the "whys" and "hows" of brief therapy. The authors identify the central features of effective, time-limited interventions for individuals, couples, families, and groups. Taking a developmental approach to treatment, they explain how brief therapy can help at different times in a patient's life, as changes and transitions bring on new stresses and challenges. A practical framework is provided for selecting and screening patients, rapidly finding a focus for clinical work, and making optimal use of available time. Case examples and extensive transcripts are included to illustrate the use of strategies and techniques drawn from many different psychotherapy perspectives. Throughout, the focus is on creative and efficient ways to help patients build on existing strengths and make desired changes in their interactions with others.



#### Reviews

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-- Alford Kihn

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Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



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