

## Recommended Reading in Solution Focused Brief Therapy

Click on the image to see details of the book. The host site is Amazon.co.uk, but you can of course buy them elsewhere.



### **Solution-focused therapy: theory, research & practice**

Alasdair Macdonald, a Consultant Psychiatrist and leading UK practitioner for over 20 years. An excellent introduction to SF practice.



### **Solution-focused therapy**

Bill O'Connell, recently retired from University of Birmingham, where he established the MSc in Solution Focused Therapy. Another excellent introduction.



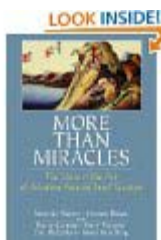
### **Handbook of solution focused therapy**

Bill O'Connell and Stephen Palmer. Stephen Palmer is Professor of Psychology at City University, London; Bill is described above. Both are outstanding solution focused practitioners, this is one of the standard texts.



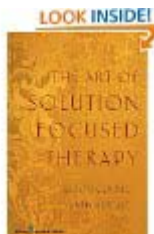
### **Words were originally magic**

Steve De Shazer. The originator of the model; this is (for me) the most accessible of his earlier books. A clear discussion of the theory underpinning SF practice.



### **More Than Miracles: The State of the Art of Solution-Focused Brief Therapy**

Steve De Shazer, Yvonne Dolan, Harry Korman. Three of the leading international figures in the SF community; the last book that Steve contributed to before his death. Excellent use of transcripts with explanatory notes.



### **The art of solution focused therapy.**

Elliot Connie and Linda Metcalf. A fairly new book providing insights into specific areas of practice delivered by a variety of experienced practitioners.



### **Solution-focused group work.**

John Sharry. A detailed introduction to the theory and practice of doing SF work with groups.



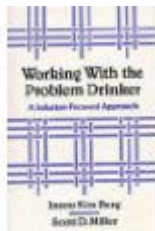
### **Solution focused therapy.**

Dave Hawkes, Trevor Marsh, Ron Wilgosh. Dave was my original teacher in solution focused practice. A highly accessible introduction (not worth the £125 being asked on Amazon, but shop around!)



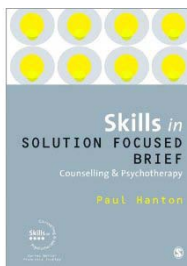
### **The solutions focus.**

Paul Z Jackson, Mark McKergow. An excellent introduction to solution focused coaching, and using SF approaches in human services.



### **Working with the problem drinker.**

Insoo Kim-Berg, Scott Miller. Insoo was the other major figure in developing the SFBT model, married to Steve De Shazer and (he said) his inspiration and muse. Scott Miller is internationally known for his focus on 'what works' in psychotherapy. This book is an excellent overview of SF working with problem drinkers.



### **Skills in solution focused counselling and psychotherapy.**

Paul Hanton. One of the leading practitioners in the UK; an excellent introduction to SF practice. Very accessible.