



101 Solution-Focused Questions for Help with Depression (101 Soutlion-Focused Questions)

Fredrike Bannink

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A step-by-step guide to conducting successful solution-focused therapy for common depression problems.

This book aims to help therapists working with clients who struggle with depression by offering them solution-focused (SF) viewpoints and skills. The book invites all professionals to change their focus from what is wrong to what is right with their clients, and from what isn't working to what is working in their lives.

The book contains 101 solution-focused questions (and more) for help with depression, with a focus on the clients' preferred future and the pathways to get there.

As Insoo Kim Berg put it in her foreword for Fredrike Bannink's highly successful *1001 Solution-Focused Questions: Handbook for Solution-Focused Interviewing*, "SFBT is based on the respectful assumption that clients have the inner resources to construct highly individualized and uniquely effective solutions to their problems."

From the more than 2,000 questions she has collected over the years, Bannink has selected the 101 most relevant for each subject. Much of the material in the 3-volume set is unique and did not appear in the earlier work, inviting therapists to open themselves to a new light on interviewing clients.

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Nicole Reagan:

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Michael Jones:

Are you kind of active person, only have 10 or 15 minute in your time to upgrading your mind expertise or thinking skill even analytical thinking? Then you are having problem with the book when compared with can satisfy your short period of time to read it because all this time you only find guide that need more time to be study. 101 Solution-Focused Questions for Help with Depression (101 Solution-Focused Questions) can be your answer since it can be read by you who have those short free time problems.

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