



Brief Counseling in Action (Norton Professional Books)

John M. Littrell

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This introduction to brief therapy aims to enable readers to master the key steps of the solution-focused model and acquire techniques for speeding up the action. Research on the potential for counselling to be short and effective is reviewed. There are vignettes and three detailed single-session cases showing what can be gained when counsellor and client are engaged in a process that is time-limited, action-based, goal-oriented and fun.

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