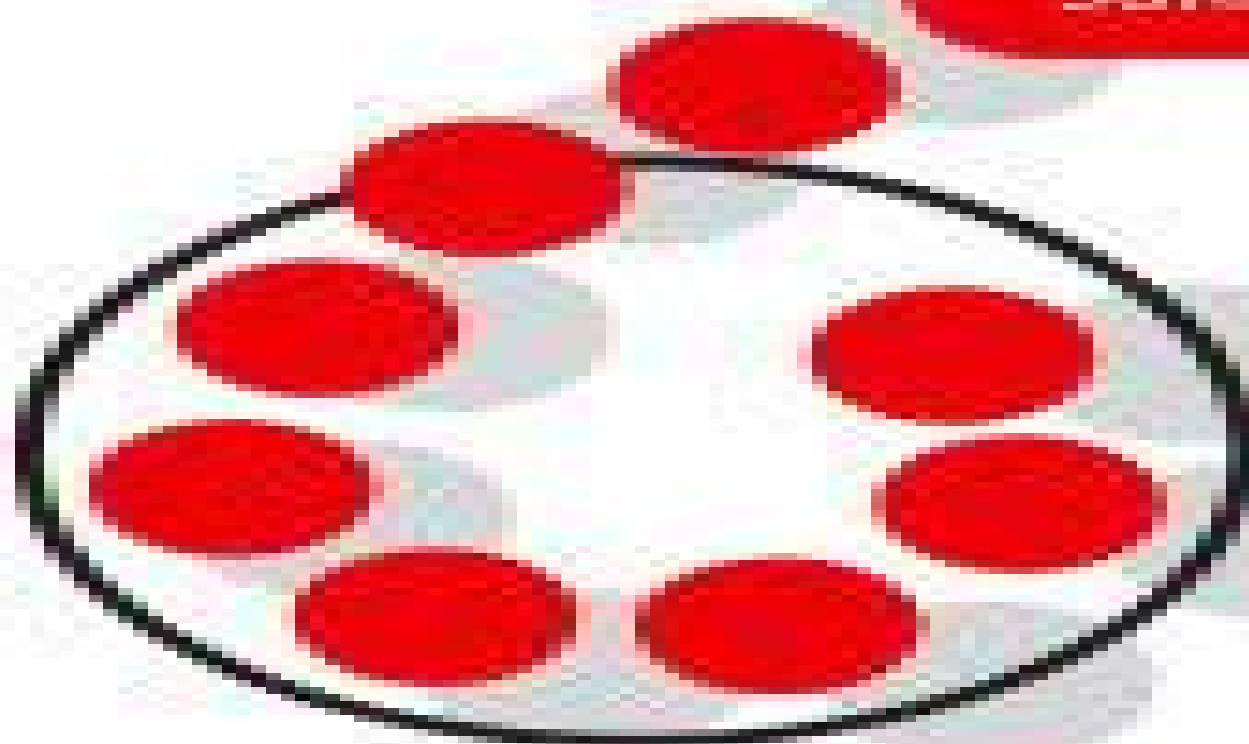


Second Edition

Solution-Focused Groupwork

John Sharry



With Margaret Sharry

Introducing Solution-Focused Groupwork
Introducing Solution-Focused Groupwork

Solution Focused Groupwork

Marcel A. Müller



Solution Focused Groupwork:

Solution-Focused Groupwork John Sharry, 2001-10-19 I found this to be an enlightening book clearly written helpfully presented and dare I say it educational It makes many proper and relevant references to the literature is very easy to dip into and provides a logical and purposeful progression in its organization Whatever context background or approach its readers bring it will cause them to reflect by comparison on the many ingredients that form the recipe of groupwork The book echoes what Solution Focused Groupwork is all about being practical and optimistic about human potential Nurturing Potential In this comprehensive and well targeted book John Sharry manages to cover the key points relating to working with groups in a solution focused way in an easy and relaxed style John Sharry's experience shines through with many examples and case studies illustrating the ideas Starting with the basics of SFBT John Sharry moves on to examine the lifecycle of solution focused groups and the key skills of managing process and helping the group stay focused on their solutions in a respectful and affirming way The book ends with some example activities for use in groups where a creative approach to process may help the members to move forwards The book is well referenced and indexed and structured to allow easy navigation for the reader John Sharry has produced a book which will interest not only group therapists but also anyone interested in helping groups stay on track towards solutions Amazon Review Solution Focused Groupwork picks up where Irving Yalom's classic Theory and Practice of Group Psychotherapy Basic Books 1995 left off In a thoughtful step by step and easy to read fashion John Sharry integrates the best from established principles of group therapy with recent advances in brief strength based resiliency oriented treatment approaches A must read for practitioners working with groups Scott D Miller Co Founder Institute for the Study of Therapeutic Change Chicago John Sharry has fluency with language that allows complexity to sit side by side with clarity and ideas to flow across the page This is a book that must be read by anyone interested in front line developments in solution focused therapy Chris Iveson Brief Therapy Practice London In this comprehensive and well targeted book John Sharry manages to cover the key points relating to working with groups in a solution focused way in an easy and relaxed style John Sharry's experience shines through with many examples and case studies illustrating the ideas The book is well referenced and indexed and structured to allow easy navigation for the reader John Sharry has produced a book which will interest not only group therapists but also anyone interested in helping groups stay on track towards solutions The Solutions Focus The author has created interesting and thought provoking arguments that provide a balanced analysis of abuse therapy in particular Repression Dissociation and False Memory Retrieval Clare Young The Journal of Critical Psychology Counselling and Psychotherapy Another addition to the excellent SAGE Brief Therapies series of books which provide highly practical guides for professionals seeking knowledge in the subject Changes Solution Focused Groupwork is an innovative and highly practical guide for all professionals who use groups to help people For those new to the approach it provides a clear step by step introduction while for more experienced practitioners it presents ideas and

techniques which can be readily integrated into existing practice John Sharry examines the therapeutic factors which characterize solution focused groupwork and which contribute to its effectiveness Using carefully selected case studies and examples he takes the reader through the various stages in the therapeutic process from getting started to the final session The book also provides creative exercises for use in practice and guidance on evaluating the outcomes of group work and how to tackle difficulties which arise Solution Focused Groupwork is ideal for individual study and for use on courses in a wide range of fields including counselling social work therapy and nursing

Solution-Focused Groupwork John Sharry, 2007-10-25 Solution Focused Groupwork 2001 was a major contribution to the literature on groupwork It has been one of this author's most influential books The Second Edition contains much new material including the uses of problem talk an activity normally avoided by solution focused therapists Preparation for groups client motivation and collaboration are all explored in detail The role of or necessity for social time to be built into the therapy model is an interesting and novel idea Suggestions are made for client evaluation and for creative exercises to enhance the group process All in all the result is a valuable and readable new edition Dr Alasdair J Macdonald Enlightening clearly written and helpfully presented The book echoes what Solution Focused Groupwork is all about being practical and optimistic about human potential David Jaques Author of Learning in Groups A fund of practical wisdom which will give confidence and encouragement to everyone trying to run groups along solution focused lines Bill O Connell Focus on Solutions Limited Birmingham John Sharry has drawn on a combination of extensive experience in running groups and a thorough understanding of current developments to produce an inspiring and practical guide to this powerful way of helping people to change I have recommended the first edition many times and have been sharing the good news of this new edition ever since I knew it was under way John Wheeler MA UKCP Registered Family Therapist Social Worker and Independent Trainer Sharry's book offers a persuasive alternative to traditional methods of group practice The new edition enhances the applicability of an already major contribution to solution focused practice It is obviously written from a real practitioner who understands the process and elements of group work He offers excellent case material throughout to help demonstrate the skills and values of this approach and does so in a readable and engaging manner suitable for students and professionals at all levels of expertise Professor Robert Blundo Ph D LCSW Strengths Collaborative Department of Social Work University of North Carolina Wilmington Wilmington NC U S A This slim tautly written volume disguises an enormously practical treasure store to help group facilitators Solution Focused Groupwork should be essential reading Barbara Wilson Family Mediation in Practice Solution Focused Groupwork Second Edition is a highly practical guide for all professionals who use groups to help people For those new to the solution focused approach it provides a clear step by step introduction while for more experienced practitioners it presents ideas and techniques which can be readily integrated into existing practice Using carefully selected case studies John Sharry takes readers through the various stages in the therapeutic process from getting started to the final session He also provides

creative exercises for use in practice guidance on evaluating the outcomes of group work and a new model for group supervision A real strength of the book is in showing practitioners how to create a constructive positive and solution focused group culture and how to maintain this culture in spite of the challenges tensions and difficulties that naturally arise within groups John Sharry is a Principal Social Worker in the Department of Child and Family Psychiatry Mater Hospital and part time Director of the Brief Therapy Group Private Practice and Consultancy

The Solution-Focused Helper: Ethics And Practice In Health And Social Care Walsh, Trish, 2010-08-01 Providing guidance on how to apply a version of solution focused therapy tailored to the public service environment this text also describes a range of real life situations across a range of settings

Handbook of Solution-Focused Therapy Bill O'Connell, Stephen Palmer, 2003-08-20 On a scale of 0 10 I would give the Handbook of Solution Focused Therapy a nine it met my best hopes in terms of an insight into the theory and mechanics of SFT and gave me ideas for extending my current use of the therapy I found it engaging readable and well presented with useful reference lists within each chapter to guide further reading

Solution News This collection of fifteen chapters each written by a different specialist in the SFT field is a valuable contribution to the Solution Focused therapist's bookshelf A must read for any informed SF therapy practitioner

Mark McKergow The Solutions Focus This book has 14 chapters on diverse applications of Solution Focus between introductory and closing chapters by Bill O Connell The book relates to work being done in the UK and in Ireland excepting Alasdair MacDonald's piece on research in SFT which is an up to date and welcome review of research findings world wide All the chapters are succinct and they convey a clear impression of the lightness and excitement of this approach for service users and therapists alike The book is a good read for any therapist professional helper or service manager

Robert Cumming Nurturing Potential Solution Focused therapy is an increasingly popular approach used by practitioners in a wide range of contexts and settings

Illustrating the breadth and depth of contemporary practice the Handbook of Solution Focused Therapy brings together contributions from leading practitioners in fields such as social work education and health care to show how solution focused techniques can be effective in many different situations

Beginning with an introduction to the origins and theory of the approach the book examines different areas of practice explaining how and why the solution focused approach is applicable and highlighting the issues specific to each context Each chapter features a case example which demonstrates the practical advantages and difficulties involved in using the solution focused approach

The Handbook of Solution Focused Therapy is an ideal text for training courses in solution focused therapy and a source of new ideas for practitioners trained in other approaches who want to integrate solution focused techniques with their existing practice

Bill O Connell is a Senior Lecturer in Counselling at University of Birmingham and author of *Solution Focused Therapy* SAGE 1998 and *Solution Focused Stress Counselling* Continuum 2001

Professor Stephen Palmer is Director of the Centre for Stress Management and the Centre for Coaching London He has written and edited over 25 books

Solution Focused Brief Therapy Harvey Ratner, Evan George, Chris

Iveson,2012-07-26 Solution Focused Brief Therapy 100 Key Points and Techniques provides a concise and jargon free guide to the thinking and practice of this exciting approach which enables people to make changes in their lives quickly and effectively It covers The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents including school based work families and adults How to deal with difficult situations Organisational applications including supervision coaching and leadership Frequently asked questions This book is an invaluable resource for all therapists and counsellors whether in training or practice It will also be essential for any professional whose job it is to help people make changes in their lives and will therefore be of interest to social workers probation officers psychiatric staff doctors and teachers as well as those working in organisations as coaches and managers

Solution Focused Group Therapy Linda Metcalf,1998 In our managed care era group therapy long the domain of traditional psychodynamically oriented therapists has emerged as the best option for millions of Americans However the process can be frustratingly slow and studies show that patients actually feel worse after months of group treatment than when they began Can and should the group speed a person s progress Now in this must have book marriage and family therapist Linda Metcalf persuasively argues that the collaborative nature of group therapy actually lends itself to time limited treatment She combines the best elements of group work and the popular solution focused brief therapy approach to create new opportunities for practitioners and patients alike Among the topics covered in this valuable guide are how to learn the model how to design a group and recruit members how to identify exceptions to a group member s self destructive behaviors and thoughts how to help members focus on their successes rather than their failures how to keep the group solution focused when therapists or members fall back into old patterns This unique resource also includes case examples and session transcripts to follow together with reproducible forms that can be used as they are or tailored to a therapist s needs Solution Focused Group Therapy is an up to the minute highly accessible resource for therapists of any orientation Managed care companies in particular will welcome this model which deals so effectively and economically with today s biggest problems including eating disorders chemical dependencies grief depression anxiety and sexual abuse

Groupwork Practice in Social Work Trevor Lindsay,Sue Orton,2014-04-15 The social work degree requires that students clearly demonstrate competence in working with groups Many social work students will begin working with families communities and organisations before they qualify and are regularly assessed on this groupwork practice through assignments and observation Specialist skills are needed to cope in challenging groups and the authors look at how students can develop their existing skills to cope and respond to challenges The practical focus of this book on planning organising facilitating and evaluating groupwork will help students to develop their skills and pass assessment increasing confidence during placement groupwork activities A practical and accessible textbook Groupwork Practice in Social Work is essential reading to help students through their complex and challenging Groupwork assessments

Key updates New material on working with service user groups New material for students who are being assessed in a group Updated case studies This book is in the Transforming Social Work Practice series All books in the series are affordable mapped to the Social Work Curriculum practical with clear links between theory practice and written to the Professional Capabilities Framework

Focus on Solutions Kidge Burns, 2006-02-22 Solution Focused Brief Therapy SFBT promotes collaborative work and positive outcomes It is an approach that can be used in acute hospitals as well as with clients who are seen as outpatients or in the community Written in an accessible style with over seventy case examples Focus on Solutions shows how SFBT can help people who are suffering from voice or memory difficulties a stammer a stroke HIV traumatic brain injury or illnesses such as cancer or Parkinson's disease The book provides a practical framework as to how individuals families and groups can begin to work on their strengths by focusing on the solutions rather than the problems in their lives Focus on Solutions contains many useful ideas for experienced practitioners and those new to solution focused work which is of growing importance in the health service as well as business and education Therapists doctors nurses or psychologists will find this book an invaluable contribution to the field of reflective practice

Using Theory in Youth and Community Work Practice Ilona Buchroth, Chris Parkin, 2010-02-11 This book explores a wide range of theoretical perspectives that guide the practice of community and youth work and related occupational fields It provides a range of practical activities to encourage readers to explore their own theoretical position while critically engaging with the contemporary theoretical context that is shaping the development of community and youth work practice Students will find this book an invaluable tool in developing their understanding of theory and it will help them to holistically and systematically apply their understanding of theory to their relevant practice situation

Becoming a Solution Detective John Sharry, Brendan Madden, Melissa Darmody, 2012-05-04 If you are interested in making your practice solution focused quickly and effectively look no further than this text The authors co founders of the Brief Therapy Group demystify the process of psychotherapy making the concept of solution based therapy accessible and relevant for newcomers to the field and for professionals seeking to apply SFBT principles in their own practices The book's hands on approach allows practitioners to adopt the authors simple self teaching style and apply it to their work with clients Practical information is included on the differences between the solution based approach and traditional therapy establishing a successful therapeutic alliance with clients determining detailed meaningful goals for the client mapping the client's journey to a solution possible dead ends in applying this type of therapy and much more As an academic textbook it is ideal for individual study in a variety of courses including social work counseling nursing psychology education and any other helping professions

Modern Applications to Group Work Kevin A. Fall, Justin E. Levitov, 2001 The effectiveness of group counselling as a treatment modality has been well established And while additional theoretical work will always be needed perhaps the greater challenge for contemporary group practitioners lies in crafting theoretically sound applications of group theory so that group methods can be used more

effectively to benefit clients struggling with various psychological and developmental problems This book responds to this need by offering fourteen chapters of creative useful examples of how group methods can be successfully applied to a wide range of problems and populations Each chapter written by innovators from the fields of counselling social work psychology and psychiatry focuses on specific mental health problems of issues that will interest a wide population A careful analysis of each psychological or development problem greets the reader followed by a discussion of the theoretical basis for the interventions Each chapter utilises practical recommendations outlines of procedures and liberal use of case examples to illuminate important process points Each broad category Adults Children and Adolescents and Training and Theory includes interesting chapter topics such as Group counselling with late deafened adults Marital restoration groups Therapist s uses of self in group psychotherapy and Group play therapy with abused children The elegant combination of theory and practice offers the reader a range of easily implemented methods and techniques applied to each specified problem Modern Applications to Group Work is a valuable companion text for any group oriented course Undergraduate and graduate courses in group can use the text to illustrate the application of general group principles to specific psychological concerns Modern Applications to Group Work may be used as the primary text for advanced courses in group counselling psychology and social work programs Practitioners will be attracted to the book due to the comprehensive scope and the strong theoretical basis of each chapter that is followed by pragmatic treatment strategies

Using Groupwork Mark Doel, 2006 Written by an experienced groupworker and academic this book promotes greater knowledge and understanding of groupwork and group processes particularly in social work and social care settings Incorporating both theory and practice it provides a practical guide to those considering groupwork and further inspiration for those already involved The book incorporates a number of case examples of groups run in mainstream social work social care and multidisciplinary settings Skills based in approach this original text includes illustrative group examples quotes from groupworkers key learning points based on research activities to develop practice suggestions for further reading Published in association with Community Care Magazine the book meets the changing needs of today s students and practitioners in social care and is a welcome addition to the current literature

Handbook of Research on Cyberchondria, Health Literacy, and the Role of Media in Society's Perception of Medical Information Aker, Hacer, Aiken, Mary, 2021-12-17 Cyberchondria is characterized by a pattern of excessive health based search behaviors that are likely to increase health anxiety or distress heightened by ever increasing access to and normalization of technology use and the internet specifically The internet can be a source of valuable medical information and is an efficient vehicle for awareness raising and dissemination however it can increase anxiety in audiences without medical knowledge or training and can pose a challenge to the traditional gatekeepers of medical knowledge and expertise Technological advances are accelerating rapidly however concomitant to this acceleration an epidemic of online mis and dis information that has the capacity to negatively impact general health health literacy and health behaviors globally now exists

The World Health Organization WHO has described this information overload as an infodemic The Handbook of Research on Cyberchondria Health Literacy and the Role of Media in Society s Perception of Medical Information covers a wide range of topics from the characteristics and prevalence of cyberchondria to the pandemic policy response and cybersecurity issues relating to eHealth initiatives and pandemic related surges in cybercrime Therefore this publication has transdisciplinary relevance to professionals from healthcare government law enforcement academia the technology sector media cybersecurity and education Graduate and undergraduate students may also find it to be a beneficial resource not only in terms of the study of cyberchondria but also in terms of the psychological and sociological implications of global crisis events One of the key messages of this book is as follows All stakeholders must work together strategically to disseminate authentic public health messages during any global health crisis They must work to reduce health related anxiety mediated by technology and seek to improve critical thinking skills and global health literacy

Evidence-Based Group Work in Community Settings David E. Pollio, Mark J. Macgowan, 2013-09-13 There has been a strong recent trend towards incorporating evidence into Social Work practice in general and into group work in particular This trend has focused on the education of students in the use of evidence development of evidence based interventions and discussion of how evidence can be used to improve practice A limitation of most of this literature is that it has been written by researchers for the consumption of practitioners limiting the ability of evidence based practices to be incorporated into unique community settings and with specific populations In spite of this difficulty implementation of evidence based practices continues quietly in practice settings This book describes efforts to integrate evidence into community settings which have two foci The first part details group models developed through collaborations between researchers and community agencies Each chapter details efforts to implement research or review programs in community settings The second part deals with issues around instruction and dissemination of evidence based group work into practice settings The volume makes a significant contribution to the discussion about evidence based group work This book was published as a special issue of Social Work with Groups

Social Workers' Desk Reference , 2015-01-13 People all over the world are confronted by issues such as poverty a lack of access to quality education unaffordable and or inadequate housing and a lack of needed health and mental services on a daily basis Due to these issues there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues The social psychological and biological factors resulting from these issues determine the level of a person s mental health at any given point in time and it is necessary for social workers to continue to evolve and develop to the new faces and challenges of the times in order to adequately understand the effects of these issues In the first and second editions of the Social Workers Desk Reference the changes that were occurring in social work practice education and research were highlighted and focused upon This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education research and

practice of social work as a whole With 159 chapters collaboratively written by luminaries in the profession this third edition serves as a comprehensive guide to social work practice by providing the most recent conceptual knowledge and empirical evidence to aid in the understanding of the rapidly changing field of social work Each chapter is short and contains practical information in addition to websites and updated references Social work practitioners educators students and other allied professionals can utilize the Social Workers Desk Reference to gain interdisciplinary and interprofessional education practice and research

An Introduction to Applying Social Work Theories and Methods 3e Barbra Teater, 2019-12-02 The text is a comprehensive guide to the most commonly used theories and methods in social work practice The introductory chapter covers the similarities and differences between a theory and a method as well as psychosocial theories and concepts Each subsequent chapter then explores in detail how to implement theories and methods their strengths and limitations alongside case examples critical thinking questions and suggested further resources Key features Illustrative case studies Exercises Case examples Critical thinking questions Further readings resources Revised content including the addition of genograms and ecomaps This is a practical and essential guide for all social work students practitioners and practice educators who are working with students in field placements The book is an updated third edition to a successful and established series The clarity with which Teater describes complex concepts for social workers is refreshing This book will help promote understanding and best practice whilst being firmly grounded in key theories It is a must have for all social workers wherever they practise Dr Jonathan Parker Professor of Society Social Welfare Bournemouth University UK This latest edition of Theories and Methods is as solid as its predecessors academically with a clear and easy to follow structure that makes it accessible in a way many such books are not I have used previous editions in many situations settings and levels and endorse this latest as a must have for anyone involved with social work Explanation is clear and the use of tables diagrams and cases bring the theory alive and enable users to realistically transfer theory to practice The use of exercise and questions provide a springboard to deeper learning as do the handy references and pointers to further reading at the end of each chapter Inclusion of sections such as the cultural and ethical considerations lend themselves to self analysis exploration and ultimately self development A dream of a book to work with as an academic tutor practice educator and trainer as well as student Michele Winter Independent Social Worker Teacher Trainer Social Care Training I can wholeheartedly recommend this revised and updated edition of Barbra Teater's highly successful book It remains essential reading for practitioners undergraduate and postgraduate students of social work The book provides a compelling and easily accessible analysis of key theories and methods It challenges both students and practitioners to consider and reconsider how they can apply theories and methods to practice more effectively Prof Hugh McLaughlin Manchester Metropolitan University UK What a great book Barbra Teater and colleagues have managed to bring together a wealth of learning about different theories and methods of social work intervention in a clearly written and accessible format Each chapter is focused on the application of theory to

practice and as such helps to act as a bridge from the classroom to direct work with individuals families and groups This new and updated edition is very likely to be one of those books that students have by their side throughout their studies and bring with them into professional practice after graduation Dr John Devaney Centenary Professor of Social Work University of Edinburgh UK

Suicide Stephen Palmer,2014-04-04 All practitioners working in the caring and helping professions face many challenges and questions when dealing with suicidal clients Is this client being serious Can I do more What should I do Should I refer on Should I break confidentiality Have I assessed this client correctly Both experienced practitioners and trainees wish to have more knowledge about assessing and dealing with suicidal clients Suicide Strategies and Interventions for Reduction and Prevention examines myths about suicide explores facts and statistics at national and international levels and uses client cases to uncover thoughts leading to suicidal behaviour The editor offers an insight into what can be done in the community and within therapeutic settings when working with this challenging client group Contributions are divided into four parts covering suicide statistics research theory and interventions personal experience of suicide three therapeutic approaches to prevent suicide group interventions Featuring chapters from a range of experienced practitioners this book provides a wealth of information on strategies and possible interventions The addition of a self harm management plan assessment checklists and list of useful organizations makes it essential reading for both mental health professionals and those in training

Counseling and Psychotherapy with Children and Adolescents H. Thompson Prout,Alicia L. Fedewa,2015-01-27 A comprehensive theory based approach to working with young clients in both school and clinical settings Counseling and Psychotherapy with Children and Adolescents Fifth Edition provides mental health professionals and students with state of the art theory and practical guidance for major contemporary psychotherapeutic schools of thought Children and adolescents are not just small adults they have their own needs requirements and desires on top of the issues presented by still developing brains and limited life perspective Providing care for young clients requires a deep understanding of the interventions and approaches that work alongside growing brains and the practical skill to change course to align with evolving personalities The thoroughly revised fifth edition is a comprehensive reference complete with expert insight Organized around theory this book covers both clinical and school settings in the fields of psychology counseling and social work Coverage of the latest thinking and practice includes Cognitive Behavioral Rational Emotive Reality Therapy Solution Focused Family Systems and Play Therapy providing a complete resource for any mental health expert who works with young people Understand the major approaches to counseling and psychotherapeutic interventions Discover the ethical and legal implications of working with children and adolescents Learn how to employ culturally responsive counseling with younger clients Examine interventions for children and adolescents with disabilities and health care needs This updated edition includes a stronger emphasis on the clinical application of theory to specific disorders of childhood and adolescence and new coverage of the legal and ethical issues related to social media Chapters include a case

studies and online resources that make it ideal for classroom use and new chapters on Solution Focused Therapy and Play Therapy enhance usefulness to practicing therapists Expert guidance covers techniques for working with individuals groups and parents and explores the efficacy of the theories under discussion *Counselling Children, Adolescents and Families* John Sharry,2003-12-04 I recommend this book to anyone who lives or works with families children or teenagers Nurturing Potential This is a valuable book worth attention in every child and family service My own agency has ordered a copy Robert Cumming Nurturing Potential John Sharry s book is a jewel in the solution focused literature It is clearly and engagingly written draws on a host of ideas from different therapeutic approaches and is packed with practical examples There is no better book on strengths based therapy with children and adolescents Every team should have one Chris Iveson Brief Therapy Practice Counselling Children Adolescents and Families describes an innovative approach to therapeutic work which builds on the strengths of children and their parents As the author s experience shows helping clients to focus on potential solutions rather than problems can be a powerful means of engaging them in the therapeutic process even in the most conflicting family circumstances Harnessing the client s personal family and community resources in this way also helps counteract their feelings of powerlessness and the possibility of increasing reliance on professional services Part One outlines the basic principles of a solution focused and strengths based approach tackling such thorny issues as how and when to use diagnosis Part two describes creative applications of the approach using groupwork play based activities and video feedback Part Three examines practical issues which arise in more difficult cases such as child abuse and suicidal teenagers and children This book is aimed at professionals and trainees in fields including social work mental health childcare education psychotherapy and counselling *Case-Based Learning for Group Intervention in Social Work* Jacqueline Corcoran,2020 Case Based Learning for Group Intervention in Social Work provides essential information on planning and facilitating groups in a clear and easy to understand format To develop student competency the volume uses a contemporary pedagogy case based learning as a teaching tool for analysis application and decision making By working through cases students gain exposure to the considerable range of populations that can be served by social work group intervention

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Solution Focused Groupwork Introduction

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