

The

# Solutions Focus

The

SIMPLE way

to **positive  
change**

PAUL Z JACKSON  
AND MARK MCKERGOW

# Solutions Focus The Simple Way To Positive Change

**Alasdair Macdonald**



### **Solutions Focus The Simple Way To Positive Change:**

The Solutions Focus Mark McKergow, 2011-02-22 This is a new and updated edition of this acclaimed first business book on the powerful simple yet subtle approach to positive change in people teams and organisations Used around the world by a wide range of people professions and organisations the first edition has now sold nearly 10 000 copies and been translated into 7 languages Including new chapters reflecting the increasing importance of coaching and the solutions focus movement in the business environment this wide ranging book is filled with all the most important ideas case examples and practical tips for managers facilitators and consultants Proven in many fields and with a distinguished intellectual heritage The Solutions Focus provides a simple and direct route to progress in your organisation It focuses on solutions not problems in between the action is in the interaction make use of what s there possibilities past present and future and language Every case is different The trouble with traditional approaches to people problems is that they assume a straightforward relationship between cause and effect between a problem and its solution A solutions focused approach sidesteps the search for the causes of a problem and heads straight for the solution showing you how to envisage your preferred future and quickly takes steps forward The authors present a set of practical techniques including specific forms of questioning that lead to immediate action and results They show how to identify what is working in your organisation and amplify it to make useful changes to focus on what is possible rather than what is intractable and how to be solution focused not solution forced

**The Solutions Focus** Paul Z. Jackson, Mark McKergow, 2002 This book defies conventional wisdom that suggests that identifying a problem is a sure path to uncovering a solution The authors original and radically pragmatic SIMPLE model instead shows how to sidestep the search for specific causes of trouble and head straight for the practical and innovative ideas to deal with difficult people unravel complex strategic issues or build strong teams **The Solutions Focus** , 2002

Solution Focused Coaching for Adolescents Caroline Beumer-Peeters, 2021-05-25 Solution Focused Coaching for Adolescents explains the principles and attitude of the popular 11 step Mission Possible Solution Focused Coaching program for working with adolescents By comparing the Mission Possible principles with the normal way of problem solving in coaching scenarios the author makes the theoretical structure and conversational style of the program easy to learn for professionals Applied both individually and as a group activity Mission Possible is a learning experience that makes fulfilling dreams and achieving goals easier for teenagers and young adults It helps to make difficult things accessible for them by using one s own strengths and resources The book is filled with detailed case studies and useful coaching tools breaking the program down into five themes outlining the goals the process and any potential pitfalls This practical book is intended for coaches youth counselors trainers teachers mentors and therapists who want to coach young people using the clear step by step Mission Possible program and all those working in pastoral roles with children and adolescents Solution Focus: How to Transform Problems into Solutions , 2011-04-23 In recognizing the limitations of traditional problem solving methods

solution focus has aided many individuals in changing their perception of problems and transforming them into solutions. Regardless of what difficulties one may be tackling, this book offers practical skills for overcoming them. Filled with examples and illustrations, it addresses and explains the role of the all-important miracle questions as well as exceptions, scaling, and coping questions to help identify leverage points for change. Active listening, a key solution focus skill, is reviewed extensively. In addition, readers will learn how to establish well-formed goals and understand the truth of the philosophical statement: if it isn't broken, don't fix it. Solution Focus radical simplicity diverts your attention away from the often frustrating search for the causes of problems and directs it to solutions away from your weaknesses to your strengths away from what is going wrong to what is going right in your life. Though it may not be a fix-all, it will certainly give you a viable alternative to outdated problem-solving strategies and teaches how to put solution-focused knowledge into everyday practical use. If you want to learn a new way of assisting yourself or others to deal more creatively and effectively with problems, then you are encouraged to explore Solution Focus simple principles and tools for positive change. 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. **Solution-Focused Brief Therapy** Cynthia Franklin, 2012

Therapy is frequently miscast as requiring an enormous amount of time and financial commitment, but helpful, goal-oriented therapy can produce positive results after only a few sessions. By focusing on solutions instead of problems, SFBT asks clients to set concrete goals and to draw upon strengths in their lives that can help bring about the desired change for a preferred future. Solution-Focused Therapy Dr Alasdair Macdonald, 2007-03-16

Solution Focused Therapy is a relatively new but strongly supported and growing approach. Solution Focused Therapy: Theory, Research, Practice contains an overview of current research in the area and an account of the use of solution-focused approaches in various relevant therapeutic situations. Written by Dr Alasdair J MacDonald, one of the leading Solution Focused Therapy specialists in Europe and a key figure in the European Brief Therapy Association, this book provides both trainees and practitioners with instruction in the method of solution-focused brief therapy. Solution Focused Team Coaching Kirsten Dierolf, Cristina Mühl, Carlo Perfetto, Rafal Szaniawski, 2023-11-21

Solution Focused Team Coaching offers readers a simple, practical, and effective way to coach teams. Its evidence-based approach, which has been

applied successfully to many fields is presented in an engaging pragmatic and approachable way making this book a must read for anyone who wants to broaden their horizon within the team coaching space This book presents the background and philosophy of Solution Focused team coaching and then moves on to explore its practical application in various formats of team coaching with different audience dimensions The reader will find a useful structure for team coaching processes as well as detailed descriptions for facilitating team coaching moves conventionally called techniques or tools for both online and live settings With this book it is easy to plan a Solution Focused team coaching process from contract negotiation through workshop design to follow up and evaluation It covers difficult team situations such as conflicts and different forms of teams from shop floor to executive teams Agile teams and special formats of team coaching as well as how to facilitate larger teams Additionally readers who want to achieve certification and or accreditation will find it extremely useful to read about ICF EMCC and AC team coaching competencies and how Solution Focused team coaching is an easy way of embedding those competencies Solution Focused Team Coaching is a must for any coach from those who would like to learn a pragmatic impactful and easy way to move into team coaching to experienced team coaches who would like to learn a new approach and expand their skills and anybody interested in exploring the fascinating world of team coaching     Transforming Learning Susan Norman,2003     Systems Concepts in Action Bob Williams,Richard Hummelbrunner,2010-10-25 Systems Concepts in Action A Practitioner s Toolkit offers out a wide range of systems methods to help readers investigate evaluate and intervene in complex messy situations     **Six Key Approaches to Counselling and Therapy** Richard Nelson-Jones,2010-12-10 This updated and revised new edition of Six Key Approaches to Counselling and Therapy provides an accessible introduction to the theory and practice of six of the most popular contemporary therapeutic approaches from the three main schools of therapy practice cognitive therapy and solution focused therapy from the cognitive behavioural school person centred and Gestalt therapy from the humanistic school Freud s psychoanalysis and Jung s analytical therapy from the psychodynamic school Following a clearly defined structure each chapter describes the origin of the therapeutic approach a biography of its originator its theory and practice discusses case material and further developments and suggests further reading Richard Nelson Jones goes on to review and evaluate all the approaches in his concluding chapter This excellent textbook is a vital resource for students on introductory courses and those who are starting out on professional training     *Handbook of Solution-Focused Brief Therapy* Thorana S Nelson, Frank N Thomas,2012-03-22 An invaluable guide to the history descriptions of practice strategies and applications of SFBT The Handbook of Solution Focused Brief Therapy is a unique comprehensive guide that assists clinicians regardless of experience level in learning and applying the concepts of Solution Focused Brief Therapy SFBT to particular situations with clients Noted experts discuss the therapy practices and various uses for the approach in detail which focuses on encouraging clients to look at exceptions times when the problem could have occurred and did not and goals and future possibilities A history of the practice model and its interventions is

discussed along with limitations descriptions of practice strategies applications to specific client populations and clinical problems and concerns This useful resource also includes an illustrative case study that uses the SFBT model The Handbook of Solution Focused Brief Therapy first lays a foundation of knowledge providing chapters on the crucial assumptions and practices history and epistemology behind the approach Further chapters use that basis to explain the application of the approach with several clinical issues and various populations including couples depression domestic violence schools children pastoral work therapist burnout and a few outside therapy room applications Other chapters focus on the important issues in therapist training and supervision Extensive references are provided at the end of each chapter Topics discussed in the Handbook of Solution Focused Brief Therapy include assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations misunderstandings and misuses of SFBT a tribute to the late Steven de Shazer co founder of the SFBT approach The Handbook of Solution Focused Brief Therapy is an invaluable reference for all types of therapists including psychologists counselors social workers and family therapists at any level of experience including students trainees and experienced therapists

**Coaching to Solutions** Carole Pemberton, 2012-05-04 The book provides a tool kit for managers tasked with raising performance and sustaining motivation Organisations are being judged by the way in which they accommodate the needs of the individual in work and life style terms In this context the smart employer will not only be looking to develop policies that retain talent through recognising their work life issues they will be equipping their managers to manage that talent in ways which maximise the contribution that individual can make The text introduces managers to techniques largely drawn from Brief Therapy De Shazer Berg Brief Therapy is used in the UK but primarily by social workers psychologists and counsellors It s application to work settings is now growing The attraction of a Solution Focussed approach to coaching is that it offers pragmatic tools that help managers structure helping conversations The book presents the principles of solution focussed thinking in a language that is readily understandable by managers and shows how those principles can be applied to a range of issues which managers may find themselves facing as willing or enforced coaches The book places coaching as an activity which can be done as part of the daily process of management

*Solution-Focused Therapy* Alasdair Macdonald, 2011-08-12 This second edition of Solution focused Therapy remains the most accessible yet comprehensive case based introduction to the history theory research and practice of solution focused therapy SFT within mental health care and beyond Drawing on contemporary research and the author s own extensive experience the fully revised and updated new edition includes discussion of recent developments relevant to research and training a new chapter on challenges to SFT and the integration of SFT with other therapeutic approaches extended discussion on ethical issues topical exploration of the application of SFT with patients with personality disorders and

dementias contemporary research on solution focused coaching and approaches to organizational change new case material This highly practical guide should be on the desk of every student or trainee studying this strongly supported growing approach It is also a useful resource for practitioners wanting to update their core skills and knowledge **The Next Generation of Solution Focused Practice** Mark McKergow, 2021-04-12 The Next Generation of Solution Focused Practice shows how practitioners help create change by stretching the world of their clients The book brings new ideas from enactive cognition which show how skilled attention on the client and their words is important both practically and conceptually It provides both a summary of the development of Solution Focused Brief Therapy SFBT over time and how the latest developments form a newly coherent form of practice based on developing descriptions The author has structured the book using simple and easy to understand metaphors to paint a rich creative and visual picture of therapy for the reader which makes it an accessible read This book will be of interest to a wide range of SF practitioners internationally as well as to those involved in coaching counselling family therapy education social work healthcare and organisational change **Solutions Focus, 3rd edition** Mark McKergow, 2024-09-03 Solutions Focus Practice is transforming coaching consulting and leadership in organisations all over the world A powerful yet simple approach to positive change a solutions focus approach to people problems explores what works in a given situation and aims to do more of it The Solutions Focus is the definitive guide to this revolutionary yet practical alternative to conventional wisdom It demonstrates how the unique SIMPLE method of working sidesteps the search for the causes of trouble and heads directly for the solution Today national solutions focus associations around the world from Sweden to Australia base their training on the methods explained here Solutions focus is in widespread use by consultants coaches facilitators and managers It can be applied at one to one group or organisational levels Applications include health and wellbeing sales and negotiation team building and leadership performance management organisational strategy and even peace building and climate resilience This long awaited new edition of The Solutions Focus is fully revised and updated for today's executive career and life coaches Including the transformative OSKAR coaching framework one of the most used throughout the coaching world Revisions to this acclaimed book include updates throughout to position it in the contemporary landscape Next generation developments are fully covered including new research on embodiment and experience the role of hosting rather than directing and the importance of detail New case studies from around the world including Nestle Kraft Tate and Canon continue the book's legacy of learning from real cases by looking closely at what happens and how it works Finally new material exploring improvisation and co constructed stories completes the update and will ensure this book remains the leader in its field for generations to come *Education and Training in Solution-Focused Brief Therapy* Thorana S Nelson, 2014-01-02 The one of a kind book that provides training exercises illustrating solution focused brief therapy As we recognize our own problem behavior in our lives most of us struggle for ways to change it Solution focused brief therapy is the highly effective practice that works by changing

concentration from problem behavior to solution behavior in just a few sessions Education and Training in Solution Focused Brief Therapy presents articles essays and a multitude of exercises that explain this unique type of therapy with an eye toward helping readers to use the ideas for use in their own training and practice Detailed descriptions of training workshops and exercises spotlight the experiences of SFBT therapists to illuminate in depth basic concepts and strategies Education and Training in Solution Focused Brief Therapy relies on two fundamental ideas that of a therapist discovering and reinforcing a clients existing solutions and exceptions to the problem Expert trainers discuss strategies that work for training and practicing Solution focused brief therapy Several exercises for clients are examined as well as exercises for the training and supervision of other practitioners learning the process Exercises include The Name Game the Complaining Exercise Inside and Outside the Deck of Trumps and the Solution Focused Scavenger Hunt Each chapter explains the circumstances in which to use each exercise the best ways to enhance effectiveness and how to stay on track in the teaching or training This one of a kind book includes helpful tables thorough questionnaires penetrating case studies and each chapter is extensively referenced Education and Training in Solution Focused Brief Therapy discusses brief therapy principles such as negotiating goals engagement through complimenting future orientation language should be imaginative and positive explanations and actions taken to solve problems are interconnected challenging the perceived causes of problems reframing the problem so that it becomes a friend acknowledgement and acceptance of client Education and Training in Solution Focused Brief Therapy brings together essential ideas suggestions strategies and exercises for solution focused brief therapy training making this an invaluable resource for solution focused brief therapists and therapists who teach and train this form of therapy

**Solution-Focused Cognitive and Systemic Therapy** Luc Isebaert, 2016-08-25 Solution Focused Cognitive and Systemic Therapy The Bruges Model is the first book in English to lay out the Bruges Model a meta model that incorporates solution focused therapy in an analysis of the therapeutic alliance and common factors that account for the majority of the efficacy of any therapeutic endeavor This book is divided into three parts covering each of the common factors client factors therapist and relationship factors and placebo factors Each part summarizes the state of our theoretical knowledge then dives into specific clinical and educational applications in specific populations and contexts

**The Leader's Guide to Coaching in Schools** John Campbell, Christian van Nieuwerburgh, 2017-08-22 Grow your leadership skills to bring out the best in your school Help your staff get unstuck no matter what challenges they are facing through solutions focused coaching techniques that help them envision desired outcomes and the actions needed to achieve them Through video examples and tools this step by step guide shows you how to Introduce a coaching approach into a wide range of conversational contexts Use the GROWTH coaching conversation framework to improve both staff and student success and well being Use coaching approaches in areas that school leaders typically find challenging in formal performance reviews when giving informal feedback and when working with teams



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