



# **Solution-Focused Therapy: Theory, Research & Practice**

*Alasdair Macdonald*

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## **Solution-Focused Therapy: Theory, Research & Practice** Alasdair Macdonald

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, and 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.

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