



## **Encounters with Steve de Shazer and Insoo Kim Berg: Inside Stories of Solution-Focused Brief Therapy**

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When Steve de Shazer and Insoo Kim Berg founded the Brief Family Therapy Center (BFTC) in Milwaukee in 1978, they set out on a journey which led not only to the development of Solution-Focused Brief Therapy (SFBT) but also to a revolutionary influence across and beyond the whole psychotherapeutic field. Terms such as solution focus, resource orientation, scaling, miracle question and many more are taken for granted today, and the broader implications of their work on how we think about therapy are still emerging. Steve and Insoo worked all over the world, introducing people to their practices and inspiring many to get involved with SFBT and take their ideas into fields such as coaching, teaching, social work and organisational change. Their journeys created powerful and lasting connections, which are still producing new work and developments. This book lets you eavesdrop on many of the meetings and friendships which they developed over the years, and appreciate even more their work, ideas and contribution. The book contains memories and stories from former BFTC team members as well as numerous colleagues from Belgium, Bulgaria, Germany, Finland, Canada, the Netherlands, Norway, Austria, Poland, Sweden, Switzerland, the United Kingdom and the USA.

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