



Becoming a Solution Detective: A Strengths-Based Guide to Brief Therapy (Haworth Marriage and the Family)

John Sharry, Brendan Madden, Melissa Darmody

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Becoming a Solution Detective is a practical, how-to guide for therapists, counselors, social workers, psychologists, nurses, and other professionals who are interested in making their practice solution-focused—quickly and effectively. The authors, co-founders of the Brief Therapy Group in Dublin, Ireland, demystify the process of psychotherapy, making the concept of solution-based therapy accessible and relevant through case examples, practice exercises, and role-plays. The book's hands-on approach allows practitioners to adopt the authors' simple, self-teaching style and apply it to their work with clients.

Becoming a Solution Detective explains complicated psychological concepts in a simple and concise manner with a jargon-free clarity that allows the ideas to be applied and understood by a much wider readership than traditional therapists. The book provides a framework for the solution-based approach to problem-solving that extends beyond the limits of psychotherapy and counseling into the areas of education, personal development, conflict resolution, organizational consultancy, and life management. Each chapter contains a case study with sample answers and approaches, tables, and practice exercises.

Becoming a Solution Detective includes practical information on:

- 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!

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