



1001 Solution-Focused Questions: Handbook for Solution-Focused Interviewing (A Norton Professional Book)

By Fredrike Bannink

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An invaluable resource for conducting successful solution-focused therapy.

Drawing on nearly 30 years of clinical practice, Bannink compiles solution-focused questions and protocols that are formulated to elicit the client's expertise on the issue(s) that brought him or her to therapy. Categorized for general use and for use with specific types of clients?such as children, couples, and families, and those who have suffered trauma or who might benefit from medication?the questions demonstrate how the precise use of language is an important tool in solution-focused interviewing. Exercises and homework suggestions invite self-reflection and experimentation with the solution-focused model, while case studies illustrate the model's effectiveness with a wide variety of clients. *1001 Solution-Focused Questions* equips clinicians with a toolbox full of ready-to-use approaches, so they're prepared to provide support as clients find their own way to a better future.

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Editorial Review

Review

“Bannink has created an invaluable instruction manual that is likely to become highlighted and dog-eared extensively over time (as my own copy already has).” (Metapsychology)

“This book is excellent; well written, clear, precise, and thorough...I highly recommend the book and have already touted it to some of my colleagues. I will personally be studying the book many more hours to learn and get comfortable with the several great techniques and applications that are included in it...could be used as a primary teaching or learning text.” (Dean R. Bender, MFT - The Therapist)

“[A] great guide for anyone wishing to undertake solution-focused work.... [C]ase examples throughout the book illustrate the techniques and help to put the skills into clinically relevant context.... [I]t has equipped me with new possibilities to use in sessions and given me something to look at differently and from a different angle.” (Journal of Mental Health)

“M]uch more than the title implies. It is a clearly outlined way of conducting solution-focused sessions from the interview at the beginning to the projected end.” (Betty Alice Erickson - The Milton H. Erickson Foundation Newsletter)

“This generous and appealing book offers a wide selection of well-constructed solution-focused questions, engaging training exercises, and creative therapeutic strategies that therapists at all levels of experience and expertise are sure to find useful.” (Yvonne Dolan, MA, Director of the Institute for Solution-focused Brief Therapy, Past President of the Solution-focused Brief Therapy Association)

“Bannink is an effective and practical communicator. She listens very carefully and attentively, and when she makes a move she is fast and asks questions that direct the minds involved to focus on what is useful for what is wanted. Easy to say, hard to do! This book is full of practical wisdom that she cultivated over the years of solution building experiences with people.” (Aoki Yasuteru, President, Solution Focus Consulting Inc., Japan)

About the Author

Fredrike Bannink, MDR, is a clinical psychologist trained in solution-focused coaching and solution-focused mediation. She is the author of many publications on solution-focused therapy, solution-focused interviewing, and mediation, and a trainer for mental health team of Doctors Without Borders. She is based in the Netherlands.

Users Review

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Victor Banister:

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