



Solution-Focused Therapy with Children: Harnessing Family Strengths for Systemic Change

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This practice-oriented book clearly demonstrates an innovative, effective brief family therapy approach for children with emotional and behavioral difficulties. Numerous case examples and session transcripts illustrate the author's presentation of creative strategies for time-sensitive assessment and intervention with even the toughest child cases. Selekmán provides practical guidelines and troubleshooting techniques to help clinicians meet the demands of managed care; create a climate for change; optimize cooperation throughout the therapeutic relationship; design novel therapeutic tasks; and collaborate productively with helping professionals from larger systems. The book also includes findings from important studies of resilient high-risk children, which inform the intervention design and provide empirical support.



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