How to use solution-focused therapy with children and adolescents. Focusing on solutions and not problems, thinking about the future and not the past, and understanding the effects of miracles—children do these things naturally. Here, leaders in the solution-focused approach to therapy provide clinicians with a guide to a kind of therapy that fits with children's natural way of being.

My Personal Review:
Berg and Steiners well written book is my new most valuable resource. As a graduate student who wants to focus on child and adolescent therapy, but in a program that focuses more on adult family therapy, this book was very helpful to me. Steiner took Bergs solution focused therapy and used it with children in a creative way. They give case studies and discuss some more common issues you will see in therapy, such as ADHD, trauma, abuse, etc. They also discuss the therapy in general and how to apply it to children. If you are planning on ever working with children, this book is a must, even if you dont necessarily agree with everything they write.

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