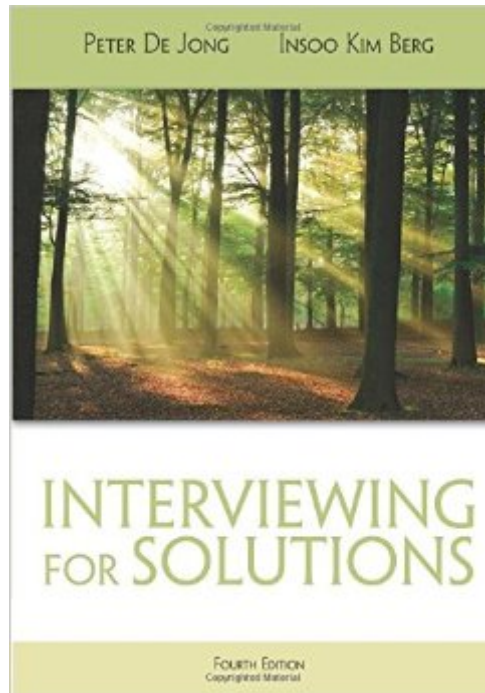


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# Interviewing For Solutions (HSE 123 Interviewing Techniques)



## Synopsis

Written in a clear, informative, and informal style, INTERVIEWING FOR SOLUTIONS features a unique solutions-oriented approach to basic interviewing in the helping professions. Peter DeJong and Insoo Kim Berg's proven approach views clients as competent, helps them to visualize the changes they want, and builds on what they are already doing that works. Throughout the book, the authors present models for solution-focused work, illustrated by examples and supported by research.

## Book Information

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## Customer Reviews

In the Fall of 2014 it looks like it is selling for more than \$100.00, and that's probably more than you should be paying, so let's hope that is a testament something like the heightened demand in light of the AAMFT conference in Milwaukee actually being centered on Solution Focused Therapy. It's a brief-therapy, that focuses 98% on how to assist clients in visualizing and defining strengths and solutions over a small number of sessions. This process, when done with a family can generate genuine changes at the relationship level. The authors spend some time explaining "solution focused" therapy from "problem focused" therapy because while many of the techniques are common to counseling/therapy in general, this is an entirely different way of structuring the process that has been empirically validated. So they really want you to understand what is unnecessary, and even damaging to the process as validated by research. They also do a very good job of initiating

the reader into the language and framework for thinking as a "solution focused" clinician. It's very readable as well as practical. There are many examples, anecdotes and case studies that keep the concepts interesting and applicable. As a text, I think this is about as well written as possible. They state their case strongly, so if nothing else, it might generate some debate about how other approaches empirically and theoretically compare.

I used this book in grad school a few years ago in my Solution-Focused Therapy class. This is a FANTASTIC book. Yes, like most graduate school textbooks it is grossly overpriced, but it is extremely good. Filled with the what's and how-to's of the basics of SFT/SFBT, this book in the right hands (read: a capable grad school professor) will help teach the principals of SFT very effectively. In class, much role-playing accompanied each concept we read about in this book, and that was really how we learned the principals of it (this is exactly why I went to a highly experiential graduate school). It should be noted that those readers who are new to SFT/SFBT will find it fascinating, and be left feeling SFBT is a bit cold in application (this is Insoo Kim Berg's way, from what I have seen of her work--very succinct and clinical). I would like to also recommend another book here to accompany this one, which (imho) brings the soul--the meaning of the personal experience of the individual in therapy (the one area I feel this book falls short is in connecting with the individual in treatment in this way), back into SFT: Beyond Technique in Solution-Focused Therapy by Eve Lipchik. Beyond Technique in Solution-Focused Therapy: Working with Emotions and the Therapeutic Relationship (Guilford Family Therapy). These two books, read together, are an excellent introduction to the rapidly-growing, and highly-effective field of SFT (read this one first, followed by the Lipchik book). It should be noted that while very readable by anyone, this book is intended for professional graduate-student-level audiences with a bachelor's degree in psychology, who are working on a MA or Psy.D. in clinical psychology/psychotherapy, or practicing clinicians.

I love the size of this book it's so small. I find many of the dialogues helpful. One of the better textbooks I've been forced to purchase.

This book is very helpful. It has real counseling session dialogues so you can see how the methods are used. Well written and easy to follow.

Excellent book with great insights and techniques for helping clients achieve their goals.

Great text. Easy to read. Very useful.

A little more worn than I expected

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