



Narrative Solutions in Brief Therapy (The Guilford Family Therapy Series)

Joseph B. Eron PsyD, Thomas W. Lund

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This volume presents a unique and powerful brief therapy approach that combines the best elements of the strategic and narrative traditions in family therapy. Highly effective in treating a broad range of clinical problems, this integrative model enables therapists to alter meanings while working toward behavior change in a goal-directed framework. Taking readers step by step through the process of change, the book shows how problems develop from the mishandling of ordinary life events and how therapists can map problem cycles, reframe problems with respect, and work with clients to create simple and elegant solutions.

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