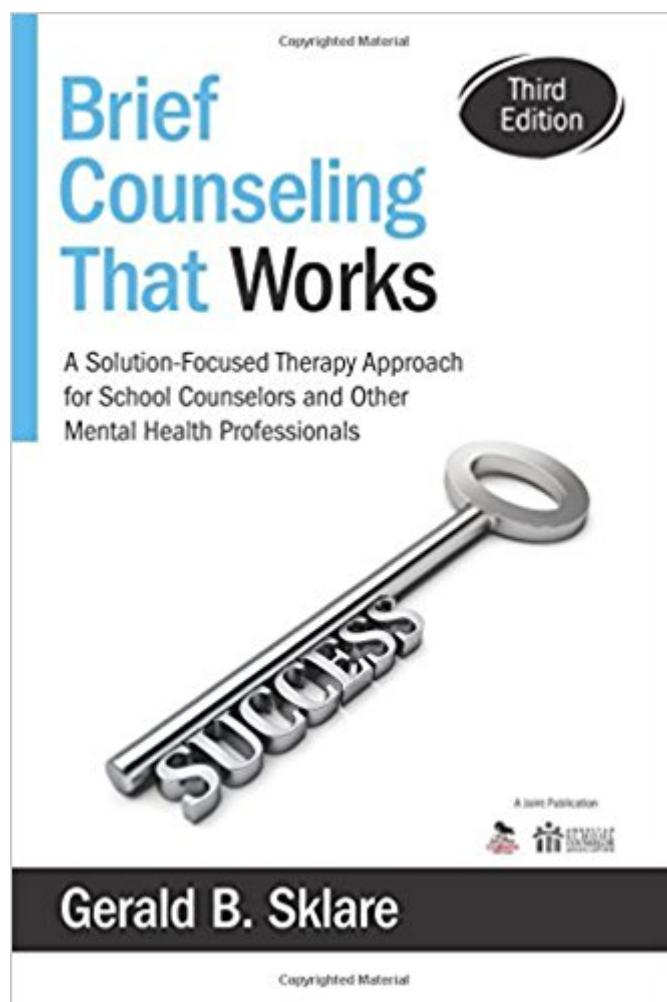


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# Brief Counseling That Works: A Solution-Focused Therapy Approach For School Counselors And Other Mental Health Professionals



## **Synopsis**

Everything you need for maximum counseling results in less time! Expert Gerald Sklare provides fresh insights and new applications for solution-focused brief counseling (SFBC). Learn to:

• Conduct brief, short-term sessions that lead to rapid, observable change  
• Create well-defined client goals  
• Enable clients to envision and take steps toward a more hopeful future  
• Maximize your time for rapid, observable student progress  
• Use the solution-focused principles with reluctant clients  
• Conduct positive, goal-oriented parent conferences  
• Work with individuals in school and community settings  
You'll find helpful flow charts and note sheets, and invaluable practice exercises.

## **Book Information**

Paperback: 248 pages

Publisher: Corwin; 3 edition (June 26, 2014)

Language: English

ISBN-10: 1483332330

ISBN-13: 978-1483332338

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #19,731 in Books (See Top 100 in Books) #23 in Books > Textbooks > Education > Administration #25 in Books > Education & Teaching > Schools & Teaching > Counseling > Academic Development #35 in Books > Education & Teaching > Schools & Teaching > Education Theory > Administration

Age Range: 8 and up

Grade Level: Preschool and up

## **Customer Reviews**

"Simple yet spectacular, my students and I LOVE Brief Counseling that Works. It presents a user-friendly, time-efficient, and very effective approach to counseling school-aged youth (and adults)!"--Bradley T. Erford, Professor"Every once in a while I come upon a text that is so clear, so explicit, and so practical that I hear students recommending it to other counseling students who are not in the class. Gerald Sklare's Brief Counseling That Works: A Solution-Focused Approach for School Counselors and Administrators is one such book. I have used the first two editions in my secondary school internship course for several years, and have had universally positive feedback

from the interns. Even though they have all been introduced to SFBC in their theories and group classes and many have applied it in to their work in practicum, they are excited about how it helps them with "Connecting the Pieces." While I appreciate the ways that the book addresses the application of SFBC to the school setting, I feel that it is a valuable resource for anyone working with children and adolescents regardless of the setting."--Virginia S. Dansby, Professor"The solution-focused counseling approach is teaching us that strengths and resources are already available and dormant within students, parents, and the school. This book is a highly readable and practical guide for harnessing the power of problem-free talk and exception-seeking to support and empower our students."--Stephanos P. Vassilopoulos, Assistant Professor"Simple yet spectacular, my students and I LOVE Brief Counseling that Works. It presents a user-friendly, time-efficient, and very effective approach to counseling school-aged youth (and adults)!"--Bradley T. Erford, Professor"Every once in a while I come upon a text that is so clear, so explicit, and so practical that I hear students recommending it to other counseling students who are not in the class. Gerald Sklare's Brief Counseling That Works: A Solution-Focused Approach for School Counselors and Administrators is one such book. I have used the first two editions in my secondary school internship course for several years, and have had universally positive feedback from the interns. Even though they have all been introduced to SFBC in their theories and group classes and many have applied it in to their work in practicum, they are excited about how it helps them with "Connecting the Pieces." While I appreciate the ways that the book addresses the application of SFBC to the school setting, I feel that it is a valuable resource for anyone working with children and adolescents regardless of the setting."--Virginia S. Dansby, Professor"The solution-focused counseling approach is teaching us that strengths and resources are already available and dormant within students, parents, and the school. This book is a highly readable and practical guide for harnessing the power of problem-free talk and exception-seeking to support and empower our students."--Stephanos P. Vassilopoulos, Assistant Professor-Simple yet spectacular, my students and I LOVE Brief Counseling that Works. It presents a user-friendly, time-efficient, and very effective approach to counseling school-aged youth (and adults)!---Bradley T. Erford, Professor-Every once in a while I come upon a text that is so clear, so explicit, and so practical that I hear students recommending it to other counseling students who are not in the class. Gerald Sklare's Brief Counseling That Works: A Solution-Focused Approach for School Counselors and Administrators is one such book. I have used the first two editions in my secondary school internship course for several years, and have had universally positive feedback from the interns. Even though they have all been introduced to SFBC in their theories and group classes and many have applied it in to their

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I'm only to page 41. I had to write a review right now because I love this book so much. Sadly my counseling training (that cost thousands and thousands of dollars) left me wondering how to actually counsel students--this book is answering all of my questions. I love it and thank you!

Prior to ordering the book I had a very challenging student to deal with. It was what I needed to read to reach him. This book challenges me as a school counselor to speaking with my students about

what they CAN do rather than how they messed up. It is more about what they can do that what they have done wrong. It is about the successes they have had in the past. I recommend it to any practitioner who is interested in moving forward with their clients/students verses dwelling in the past.

Easy to read and understand. Geared more towards school counselors, but can be applied to other counseling areas as well. Author likes to toot his own horn a bit.

This is a really good book. It is very well written and easy to understand. It talks a lot about being positive with your clients/students. I am an elementary school counselor in a large school and I do not have the time for long term therapy. This book gives examples and techniques for getting students on a more positive track, and it does it in a way that is easy to follow. I have already used some of the techniques with my most resistant students. He talks about how to work with the students who like to respond to any question with "I don't know", or "I don't care". We all have these students. He tells you how through using different questions you can help the student explore how to change their behaviors so that they can have more positive outcomes in their lives. Honestly, I am only on page 60 of this book and I am already impressed. This is one book that I will actually read cover to cover.

Great book to read and understand. I am glad I am keeping it on my shelf.

I thoroughly enjoyed this book and found it informative, clear and understandable.

Need this for class and it came in great condition!

Very good tips on using Brief Counseling techniques.

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