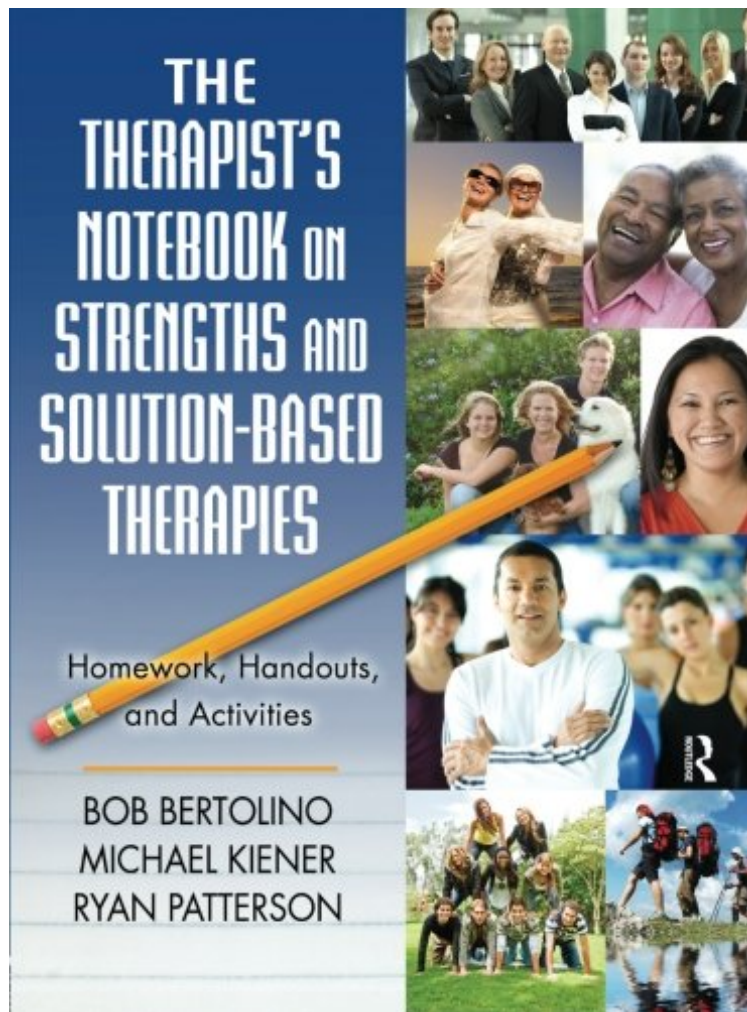


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The Therapist's Notebook on Strengths and Solution-Based Therapies: Homework, Handouts, and Activities

Bob Bertolino

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The Therapist's Notebook on Strengths and Solution-Based Therapies offers multiple pathways for those in helping relationships to employ strengths and solution-based (SSB) principles and practices as a vehicle for promoting positive change with individuals, couples, and families. The 100 exercises in this book are based on a series of core principles that are not only central to solution-based therapies; they have been demonstrated through research as essential to successful outcome. Readers will learn about processes and practices that are supported by research and are collaborative, competency-based, culturally sensitive, client-driven, outcome-informed, and change-oriented. The text is categorized into seven parts, each formatted similarly to ensure easy accessibility. Practitioners will find their therapy enhanced, with a greater ability to improve their clients' well-being, relationships, and social roles.

About the AuthorBob Bertolino, PhD, is a licensed marital and family therapist and assistant professor of rehabilitation counseling at Maryville University in St. Louis, Missouri. Michael Kiener, PhD, is a certified rehabilitation counselor and action research associate in the Center for Teaching Excellence at Maryville University in St. Louis, Missouri. Ryan Patterson, MSW, is a licensed clinical social worker and director of clinical services at Youth in Need, Inc., in St. Louis, Missouri