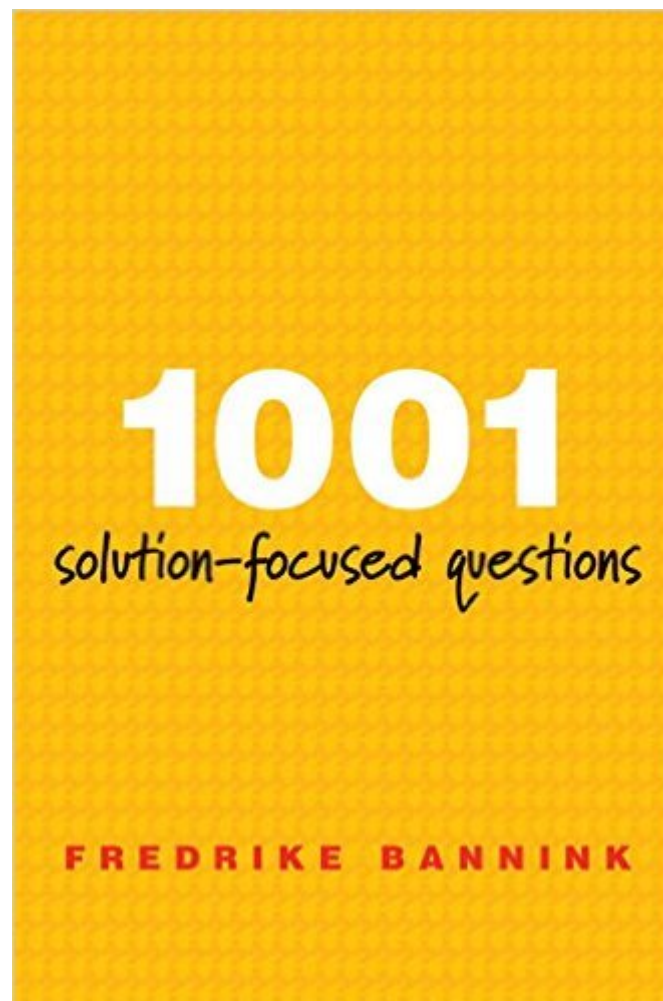


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# 1001 Solution-Focused Questions: Handbook For Solution-Focused Interviewing (A Norton Professional Book)



## Synopsis

An invaluable resource for conducting successful solution-focused therapy. Drawing on nearly 30 years of clinical practice, Bannink compiles solution-focused questions and protocols that are formulated to elicit the client's expertise on the issue(s) that brought him or her to therapy. Categorized for general use and for use with specific types of clients—such as children, couples, and families, and those who have suffered trauma or who might benefit from medication—the questions demonstrate how the precise use of language is an important tool in solution-focused interviewing. Exercises and homework suggestions invite self-reflection and experimentation with the solution-focused model, while case studies illustrate the model's effectiveness with a wide variety of clients. 1001 Solution-Focused Questions equips clinicians with a toolbox full of ready-to-use approaches, so they're prepared to provide support as clients find their own way to a better future.

## Book Information

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## Customer Reviews

NOTE: I received a free review copy of this book from Metapsychology Online Reviews; a more detailed version of my review appears on that site. In this book, author and clinical psychologist Fredrike Bannink literally does provide 1,001 solution-focused questions; these can be found in Chapter 10. However, Bannink delves much deeper than this simple list, offering the reader a brief history of solution-focused work, a guide to identifying the various types of client motivation, and specific information on how to use solution-focused interviewing in therapy sessions. Furthermore,

Bannink includes a total of twenty-four exercises throughout the book. These are designed both as occasions for self-reflection and as opportunities to practice solution-focused methods. As noted, Bannink begins with an overview of solution-focused interviewing. She goes on to address the issue of motivation in solution-focus treatment, describing the differences between customers, complainants, and visitors and discussing the solution-focused questions appropriate to each type of client. (Note that the solution-focused questions are actually listed throughout the book in addition to the complete list of 1,001 questions provided in Chapter 10.) Bannink then leads the reader through the entire solution-focused treatment process, breaking down the model session by session. She starts with the first session, offering detailed information on everything from how long this session should last to which solution-focused questions should be used to how to conclude the session. Bannink's guidelines are specific: in addition to a myriad of sample questions, she also provides case examples.

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