

Changing the Rules

A Client-Directed Approach to Therapy

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Changing The Rules A Client Directed Approach To Therapy

P. Alex Linley, Stephen Joseph



Changing The Rules A Client Directed Approach To Therapy:

Changing the Rules Barry L. Duncan,1992 **Changing the Rules** Barry L. Duncan,Andrew D. Solovey,Gregory S. Rusk,1992-06-12 All therapists at some time or other are confronted with cases that do not fit the assumptions of their chosen theoretical model clients who should get better do not while others improve for reasons the model does not explain One lesson that can and should be drawn from such cases is that the client s perception of the therapist s behavior and of the intervention process is a powerful factor in therapeutic success or failure These relationship factors account for a significant proportion of change in psychotherapy yet little has been written about how to utilize them Filling a gap in the literature this book presents a pragmatic application of these simple but difficult experiential lessons to the practice of individual couple and family therapy When should a therapist shift gears And how is it done CHANGING THE RULES presents a flexible methodology for practice that encourages clinicians to utilize their clients interpretations in constructing more effective interventions Providing a developmental and empirical context for the approach the book covers the initial interview and the selection design and delivery of interventions as well as issues such as ethics and gender bias Several case examples and two full length studies demonstrate each stage of the therapeutic process fully illustrating the approach and enabling the creative therapist to replicate it in practice Proposing a coherent framework for practice that empowers relationship effects enhances therapist flexibility and expands the repertoire of intervention strategies for working with individuals couples and families this volume is an invaluable resource for clinicians academicians and students regardless of theoretical orientation

Positive Psychology in Practice P. Alex Linley,Stephen Joseph,2012-06-27 A thorough and up to date guide to putting positive psychology into practice From the Foreword This volume is the cutting edge of positive psychology and the emblem of its future Martin E P Seligman Ph D Fox Leadership Professor of Psychology University of Pennsylvania and author of Authentic Happiness Positive psychology is an exciting new orientation in the field going beyond psychology s traditional focus on illness and pathology to look at areas like well being and fulfillment While the larger question of optimal human functioning is hardly new Aristotle addressed it in his treatises on eudaimonia positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices Applicable in many settings and relevant for individuals groups organizations communities and societies positive psychology is a genuinely integrative approach to professional practice Positive Psychology in Practice fills the need for a broad comprehensive and state of the art reference for this burgeoning new perspective Cutting across traditional lines of thinking in psychology this resource bridges theory research and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences A group of major international contributors covers The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this

cutting edge discipline Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice The Handbook of Pluralistic Counselling and Psychotherapy Mick Cooper,Windy Dryden,2015-11-23 A practical resource that your students can return to again and again to guide and coordinate their pluralistic practice it provides Hands on guidance to developing pluralistic practice providing the tools skills and practice frameworks A step by step understanding of how the ideas and methods of different orientations can contribute towards a pluralistic way of working The tools and understandings needed to work with clients to achieve the most common goals The tools and understandings needed to work with clients wishing to address particular issues such as depression anxiety addiction health issues suicidal thoughts An understanding of a range of professional and practice issues relevant to pluralistic practitioners Each chapter offers definitions of key terms several case studies exercises and points for reflection further reading chapter introductions and summaries of key learning points and overviews of relevant research

Brief Intervention for School Problems, Second Edition John J. Murphy,Barry L. Duncan,2010-06-03 Every interaction with a young person who is struggling is an opportunity for change This highly practical guide helps school practitioners find effective solutions to academic and behavioral problems through brief counseling It shows how to build on the ideas and resources that students parents and teachers bring to the intervention process within an innovative research supported time limited framework Extensive case material illustrates the authors creative approach to building solutions and busting problems by putting clients in the driver s seat Filled with real world examples from both elementary and secondary settings the book presents creative strategies for addressing disciplinary problems poor academic performance anxiety compulsive behaviors and other common difficulties **Theoretical Perspectives for Direct Social Work Practice** Nick Coady,Peter Lehmann,2016-05-15 This expanded third edition of a popular textbook provides a completely revised and updated overview of the theories models and therapies that inform direct social work practice The text is grounded in generalist social work principles and values and promotes a problem solving model of social work practice as a framework for the eclectic use of theory as well as for integrating the artistic reflective elements of practice It provides in depth coverage of select psychodynamic cognitive behavioral humanistic critical and postmodern theories The third edition features a new section on Critical Theories where a new chapter on Empowerment Theory is included with a completely revised chapter on Feminist Theory A new chapter on Strengths based Social Work has been added to the section on meta theories for social work practice Other new chapters include Emotion focused Therapy and Collaborative Therapy These revisions are based on suggestions from an extensive survey of professors New to the Third Edition A new section on Critical Theories New chapters on Strengths based Social Work Emotion focused Therapy Empowerment Theory and Collaborative Therapy Updated research on the debate about the importance of theory technique versus common e g relationship factors and on the critique of the empirically supported treatment movement Key Features Grounds direct practice firmly in the principles and values of

generalist social work Promotes a problem solving model of social work as a flexible structure for integrating the eclectic use of theory with the artistic reflective elements of practice Organizes direct practice theories into like groupings and provides an overview of the main characteristics of each grouping Provides in depth coverage of topics in a clear logical and consistent format Includes editors and contributors from the U S and Canada

A PERSON-CENTERED FOUNDATION FOR COUNSELING AND PSYCHOTHERAPY Angelo V. Boy, Gerald J. Pine, 1999-01-01 The focus of this new edition is on counseling and psychotherapy and its goals are to renew interest in the person centered approach in the U S make a significant contribution to extending person centered theory and practice and promote fruitful dialogue and further development of person centered theory The text presents and clarifies the following main topics the rationale for an eclectic application of person centered counseling the rationale and process for reflecting clients feelings the importance of theory as the foundation for the counseling process the importance of values and their influence on the counseling relationship the modern person centered counselor s role the essential characteristics of a person centered counseling relationship the group counseling movement and the person centered perspective the application of person centeredness through play therapy the difficulties and opportunities surrounding evaluation a person centered perspective on the process of counselor education and therapeutic opportunities available outside the field of counseling These discussions serve as a transition from traditional interpretation of personcentered to an eclectic application of the viewpoint The process of person centered counseling has evolved over the years and this comprehensive book contributes to that evolution It represents the status of person centered counseling while also identifying ideas which can influence its future

Doing What Works in Brief Therapy Ellen K. Quick, 1996-04-19 The first of its kind *Doing What Works in Brief Therapy* is a guidebook to strategic solution focused therapy a model which combines the principles and techniques of the Mental Research Institute s brief strategic therapy and the Brief Family Therapy Center s solution focused therapy The book explains how the strategic emphasis on clarification of the problem and interruption of what does not work can complement and enhance the solution focused emphasis on amplification of what does work The text reviews the theory and presents specific treatment techniques Case examples illustrate how the model has been used in brief intermittent and single session therapy in a managed care setting Brief psychotherapy doesn t have to result in chronic frustration for the therapist or superficial second rate care for the client This book presents an approach that is upbeat practical and eminently workable in managed care The reader learns to focus on critical issues with exquisite precision and to construct creative individualized interventions that amplify what works and interrupt what does not Integrates strategic therapy and solution focused therapy Includes guidelines for intervention and when to do what Provides applications for couples indications for separate or joint sessions Considers both therapy and medication as successful and unsuccessful solutions Features excerpts and clinically rich examples

Which Psychotherapy? Colin Feltham, 1997-04-07 This controversial book argues that 20th century psychotherapy has been fundamentally characterized

by serious disagreement on views of human nature treatment rationales and goals Focusing on the differences rather than the commonalities in therapy eight eminent practitioners demonstrate the diversities in therapies and why for the most part it is not possible to tolerate or integrate with other approaches The book awakened me to understanding more about how a core belief or orientation can result in polarised attitudes towards the person At the same time in some cases there is fundamental common ground which could potentially lead to genuine integration ac Eisteach The Journal of the Irish Association for Counselling and Therapy Eight distinguished practitioners address twelve different questions aimed at identifying the distinctive qualities of their own approach and demonstrating how it has been arrived at The result is a book that will allow both experienced practitioners and trainees to become familiar with and compare the current thinking of these well known people the very passion of these opposing and sometimes exclusive convictions may be the well spring for the efficacy and achievements of these eminent practitioners and trainers Self what criticisms of the approach they consider to be valid which approaches they consider to be ineffective misleading or dangerous and conversely more promising or effective why their approach is more effective or comprehensive and why it may be more suited to certain clients or client problems and how they account for research which suggests that no one approach seems more effective than any other

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham,Terry Hanley,Laura Anne Winter,2017-09-30 At over 600 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners

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