



Solution-Focused Stress Counselling

Bill O'Connell

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`A strength of the book is that the solution-focused therapy process was clearly identified in a step-by-step procedure, with many examples of specific dialogues and strategies that would be appropriate with a client.

Overall the book presented a coverage of the theoretical and application components of solution-focused counselling that would be valuable reference for health psychologist or allied-health professionals working in a stress-counselling role' - *Journal of Family Studies*

Solution-focused therapy is of growing interest to a wide range of professional not only because of the tight time limits within which so many have to work; counsellors are increasingly open to using a variety of approaches based on what is most helpful to their clients in their particular contexts. This book aims to help practitioners to extend their therapeutic repertoire of interventions by explaining clearly how solution-focused skills can help clients.

Written for a wide range of professionals - psychologists, counsellors, social workers, probation officers, and mental health workers - this solution-focussed therapy manual looks at organizational and work-related stress, and on developing solutions for groups.

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The reason? Because this Solution-Focused Stress Counselling is an unordinary book that the inside of the publication waiting for you to snap that but latter it will distress you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your expertise and your critical thinking means. So , still want to hold off having that book? If I ended up you I will go to the publication store hurriedly.

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