



Theory and Practice of Brief Therapy

Simon H. Budman PhD, Alan S. Gurman PhD, Alan Gurman, Simon Budman

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This classic work provides a richly textured overview of the "whys" and "hows" of brief therapy. The authors identify the central features of effective, time-limited interventions for individuals, couples, families, and groups. Taking a developmental approach to treatment, they explain how brief therapy can help at different times in a patient's life, as changes and transitions bring on new stresses and challenges. A practical framework is provided for selecting and screening patients, rapidly finding a focus for clinical work, and making optimal use of available time. Case examples and extensive transcripts are included to illustrate the use of strategies and techniques drawn from many different psychotherapy perspectives. Throughout, the focus is on creative and efficient ways to help patients build on existing strengths and make desired changes in their interactions with others.

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