



The Therapist's Treasure Chest: Solution-Oriented Tips and Tricks for Everyday Practice

Andrea Caby, Filip Caby

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A trove of ready-to-use, solution-focused therapy techniques for work with children, adults, and families.

A trove of ready-to-use, solution-focused therapy techniques for work with children, adults, and families on commonly encountered problems, *The Therapist's Treasure Chest* is an easy-to-navigate pocket resource for finding a proven and age-appropriate therapeutic solution for the particular condition, symptom, or challenge a mental health professional is faced with on a given day of practice.

Seasoned practitioners Andrea and Filip Caby introduce the foundational principles of solution-focused therapy, followed by an overview of therapeutic questioning techniques, both basic and advanced, and key advice on how to productively lead a therapeutic conversation. The third part of the *Treasure Chest* presents specific indications and interventions—hundreds of tried and tested approaches that have proven effective for symptoms and disorders from severe trauma to thumb-sucking, depression and anxiety to eating disorders. Each intervention includes an explanation of the theoretical background from which it has emerged, a practical guide to applying it with clients, and a section of helpful notes, advice, suggested settings, case examples, and contraindications.

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