

Upside down

**Solution Focused Paradigms – Revolutions
and Evolutions**

edited by

**Artur Lewiński
Jacek Szczepkowski
Tomasz Świtek**



Toruń 2012

CONTENTS

<i>Introduction</i>	7
---------------------------	---

Chapter I

Solution Focused Approach – Assumptions of the Model

Jenny Clarke

Another Copernican Revolution	13
-------------------------------------	----

Alasdair Macdonald

Mainstream of Solution-Focused Brief Therapy	23
--	----

Frank N. Thomas

The Practice of SFT and the Personal Well-Being of the Therapist	39
--	----

Chapter II

Examples of the Creative Use and the Going-Beyond-Borders of the SFA Model

Ross Kremsdorf

Going Outside Safe Solution Focused Boundaries: Assisting a Client’s Discovery and Exploration When the “Do Something Different” Task Proves Ineffective	49
--	----

Plamen Panayotov

Simple Therapy (Questions and Non-questions)	63
--	----

Anne-Marie Schuller

Space Talks	95
-------------------	----

Guy Shennan

Dancing Towards Solutions	103
---------------------------------	-----

Helene Dellucci, Hana Vojtová

EMDR Solution Focused	111
-----------------------------	-----

Chapter III
Around the SFA Model – Theoretical and Practical Deliberations

John Wheeler, Stanus Cloete

Christianity and the Solution Focused Approach 133

Danuta Jacoń-Chmielecka

E= mc² Formula, Space Techniques & Actor Strategy
as Resources in the Solution Focused Approach 157

Mark McKergow

Solution Focused Practice: A First Person Approach or a Third
Person Approach? 171

Authors 178