

## table of contents

Foreword to the First Edition

Allen E. Ivey vii

Foreword to the Second Edition

Richard E. Watts xi

Preface xvii

Acknowledgments xxix

About the Author xxxi

## PART ONE · Beginnings

Chapter 1 Searching for Solutions 3

## PART TWO • Theory

Chapter 2 Postmodern Perspective 15

Chapter 3 Problems and Change 33

Chapter 4 Strategic Approach to Eclecticism 47

PART THREE • Practice	
Chapter 5 Before the First Session	59
Chapter 6 The First Session	71
Chapter 7 After the First Session	91
PART FOUR • Applications	
Chapter 8 Depression	109
Chapter 9 Anxiety	127
Chapter 10 Substance Problems	137
Chapter 11 Eating Disorders	153
Chapter 12 Suicide	165
Chapter 13 Psychotic Disorders	177
Chapter 14 Grief, Morbid Jealousy, Trichotillomania, and Other Problems	199
PART FIVE • Conclusions	
Chapter 15 The Future of Solution-Focused Counseling	227
References	241
Appendix A Solution Identification Form	277
Appendix B Scaling Form	279
Appendix C Outcome Rating Scales and Session Rating Scales	281
Index	289