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INTEGRATING Experiential and Brief Therapy: How To Do Deep Therapy - Briefly and How To Do Brief Therapy - Deeply

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Brief or deep? There is a growing trend in the field of psychotherapy toward more short term, constructive, solution-based approaches to creating change. But what about the depth of experience offered by the Experientially oriented models? Is there room in the practice of psychotherapy to draw upon what works, combining the best of each approach? This book demonstrates an innovative approach to integrating Solution Focused and Focusing Oriented Psychotherapy - SOFT (Solution Oriented Focusing Therapy), providing clinicians with creative, concrete tools to naturally weave and blend the fundamentals of both the Experiential and Brief traditions, with emphasis on honoring the clinician's own unique therapy style. Highlighting specific "integration spots" throughout, this user-friendly book will spark the imagination of practitioners, new and seasoned alike, who strive to harmonize and facilitate change - both deeply and briefly - to get the most from the therapy hour.

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