

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 clinicians 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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B, Integrating Experiential and Brief Therapy: How to Deep Therapy Briefly and Brief. Therapy Deeply, Bala Jaison, 2002. **Coherence Therapy Bibliography Integrating Experiential and Brief Therapy: How To Do Deep** Poison Ivy: Second Edition (Volume 1)

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Caversham Booksellers: Brief Therapy Network Note: Coherence Therapy was known as Depth Oriented Brief Therapy prior to 2005 A therapists guide to utilizing memory reconsolidation, the brains built-in process of transformational Overt statements for deep work in grief therapy -- by Bruce Ecker S. B. Messer (Eds.), Essential psychotherapies, 2nd Ed. (pp.

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