



Narrative Solutions in Brief Therapy

Joseph B. Eron PsyD, Thomas W. Lund

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This volume presents a unique and powerful approach developed by Joseph B. Eron and Thomas W. Lund that combines the best elements of the strategic and narrative traditions in family therapy. The brief therapy detailed in these pages is one with depth and purpose, designed to take advantage of the broad spectrum of life experience in building solutions. A hands-on guide, the book explains in close detail how problems develop from the mishandling of ordinary life events, and how to map problem cycles, reframe problems with respect, and find simple and elegant solutions. Beyond this, Eron and Lund describe how people in distress lose track of who they are and wish to be, and how alternative constructions of their problems, embedded in conversation, are linked to solutions.

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