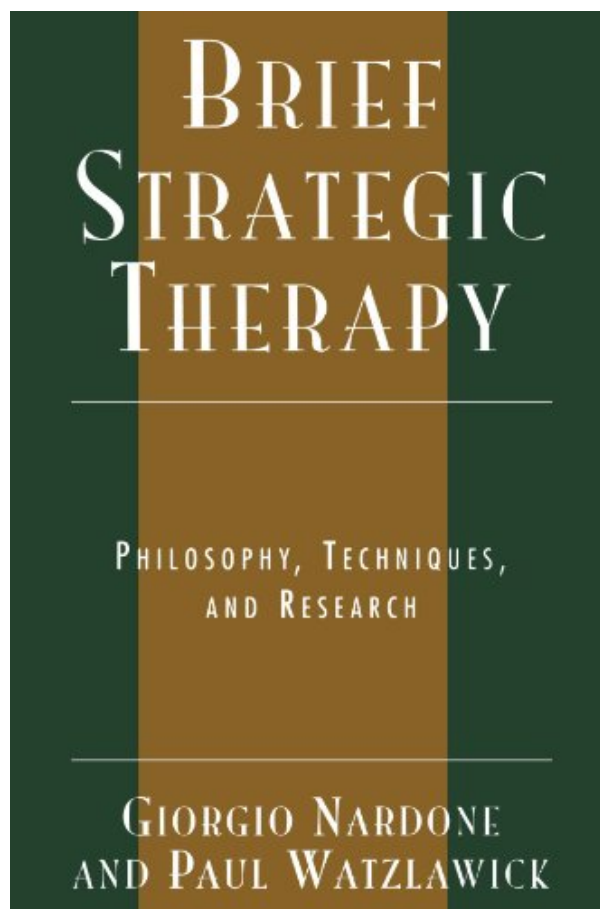


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Review

All in all, *Brief Strategic Therapy* is worth reading. (Bulletin of the Menninger Clinic: A Journal for the Mental Health Professions)

From the Publisher

--The book presents a rigorous yet self-corrective model (comprising of strategies, communication techniques and therapeutic relationship maneuvers) designed through experimental-empirical research for specific pathologies or problems. --Case studies are used to demonstrate the efficacy of these methods and show how therapy can become a well-planned journey (rigorous yet not rigid) whose point of departure, direction, destination, and duration can be fairly clear and predictable from the very beginning.

About the Author

Giorgio Nardone is the director of the Centro di Terapia Strategica (Strategic Therapy Center) and of the Post Graduate School of Brief Strategic Psychotherapy in Arezzo. He is also professor of Brief Psychotherapy at the Post Graduate School of Clinical Psychology, University of Siena, Italy.

Paul Watzlawick, Ph.D., is one of the world's leading theoreticians in communication theory and radical constructivism. He participates in the Mental Research Institute's Brief Therapy Centre and also offers workshops on the Therapy of "As-If."

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This book puts forward a complete picture of Brief Strategic Therapy while defining the theoretical and practical features that distinguish this method from other psychotherapies. The authors present a comprehensive explanation of non-ordinary Mathematical Logic, which underlies brief strategic therapy techniques, to reveal how apparently simple techniques come to solve complex, seemingly untreatable problems. This book provides the reader with a detailed description of the techniques applied throughout the treatment, and also explains the strategies, tactics, and techniques employed in reframing people's perceptions, behavior and opinions. This rigorous work is one of Nardone's most important and creative contributions to the evolution of Brief Therapy. It presents the advanced techniques set up for specific pathologies through long-term experimental-empirical research carried out at the Centro di Terapia Strategica of Arezzo, Italy. Case studies are introduced for a better understanding of this approach, followed by a thorough evaluation of the results obtained through on-going experimental-empirical research.

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