The Handbook of Brief Therapies (2019) provides a comprehensive guide to various brief interventions in therapeutic practice. This handbook covers the theoretical underpinnings and evidence-based brief interventions, followed by guidance on how to implement the approaches with clients.

The Handbook of Brief Therapies offers a comprehensive overview of contemporary and popular brief therapies, suitable for use with a range of client groups and professional settings. The handbook includes chapters on a variety of brief therapy approaches, such as brief dynamic psychotherapy, brief behavior therapy, and brief cognitive-behavioral therapy. The chapters are written by leading experts in the field and provide practical guidance for practitioners.

The Handbook of Brief Therapies is an essential resource for mental health professionals, including therapists, counselors, and psychologists. It is also a valuable reference for students in psychology and related fields. The handbook is organized into three main sections: Theoretical Foundations, Clinical Applications, and Integration of Brief Therapies.

Theoretical Foundations section covers the historical development of brief therapies, their conceptual bases, and the empirical research that supports their effectiveness. Clinical Applications section includes chapters on specific brief therapy approaches, such as brief dynamic psychotherapy, brief behavior therapy, and brief cognitive-behavioral therapy. Integration of Brief Therapies section explores the integration of brief therapy approaches, including the combination of different therapy methods and the use of brief therapy principles in other therapeutic contexts.

The Handbook of Brief Therapies is a valuable resource for practitioners who want to learn about and apply brief therapy approaches in their work. It is also a useful reference for students who are studying brief therapy approaches and want to understand the theoretical and empirical foundations of these interventions.