



The Therapist's Notebook for Families: Solution-Oriented Exercises for Working With Parents, Children, and Adolescents

Bob Bertolino

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The Therapist's Notebook for Families, Second Edition, provides 72 solution-oriented activities for an array of challenging problems faced by mental health professionals when working with clients. *The Therapist's Notebook* offers clear, practical, easy-to-use exercises to help therapists work effectively and creatively with parents, adolescents, children, and families. Its solution-focused perspective provides a foundation based on collaboration, the utilization of client strengths, and the creation of possibilities to facilitate present and future change. The book is arranged in five parts, with 15 fully revised and 23 brand-new exercises.

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