



# **Solution-Focused Brief Therapy with the LGBT Community: Creating Futures through Hope and Resilience**

*Rebekka Ouer*

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## **Solution-Focused Brief Therapy with the LGBT Community: Creating Futures through Hope and Resilience** Rebekka Ouer

*Solution-Focused Brief Therapy with the LGBT Community* is a practical guide for mental health professionals who wish to increase their therapeutic skills and work more effectively with LGBT clients. This book shows how to help clients reach their goals in tangible, respectful ways by identifying and emphasizing the hope, resources, and strength already present within this population. Readers will increase their knowledge about the practical application of SFBT through case examples and transcripts, modified directly from the author's work with the LGBT community, and by learning more about the miracle question, exceptions, scaling, compliments, coping, homework, and more.

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