



# 101 Solution-Focused Questions for Help with Depression (101 Solution-Focused Questions)

By Fredrike Bannink

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**A step-by-step guide to conducting successful solution-focused therapy for common depression problems.**

This book aims to help therapists working with clients who struggle with depression by offering them solution-focused (SF) viewpoints and skills. The book invites all professionals to change their focus from what is wrong to what is right with their clients, and from what isn't working to what is working in their lives.

The book contains 101 solution-focused questions (and more) for help with depression, with a focus on the clients' preferred future and the pathways to get there.

As Insoo Kim Berg put it in her foreword for Fredrike Bannink's highly successful *1001 Solution-Focused Questions: Handbook for Solution-Focused Interviewing*, "SFBT is based on the respectful assumption that clients have the inner resources to construct highly individualized and uniquely effective solutions to their problems."

From the more than 2,000 questions she has collected over the years, Bannink has selected the 101 most relevant for each subject. Much of the material in the 3-volume set is unique and did not appear in the earlier work, inviting therapists to open themselves to a new light on interviewing clients.

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#### Review

“There are plenty of suggestions for working with suicidal clients, which is one of the book’s strengths. The coping questions are particularly valuable in a crisis... [I] recommend it for anyone looking for new ideas and inspiration in their work with depressed clients.” (Private Practice (UK))

#### About the Author

Fredrike Bannink, MDR, is a clinical psychologist trained in solution-focused coaching and solution-focused mediation. She is the author of many publications on solution-focused therapy, solution-focused interviewing, and mediation, and a trainer for mental health team of Doctors Without Borders. She is based in the Netherlands.

### **Users Review**

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