



Working with Children and Teenagers Using Solution Focused Approaches: Enabling Children to Overcome Challenges and Achieve their Potential

Judith Milner, Jackie Bateman

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Solution focused approaches offer proven ways of helping children overcome a whole range of difficulties, from academic problems to mental health issues, by helping them to identify their strengths and achievements.

Based on solution focused practice principles, this book illustrates communication skills and playful techniques for working with all children and young people, regardless of any health, learning or development need. It demonstrates how the approach can capture children's views, wishes and worries, and can assist them in identifying their strengths and abilities. The approach encourages positive decision-making, and helps children to overcome challenges, achieve their goals and reach their full potential. The book is packed with case examples, practical strategies, and practice activities.

This valuable text will be of great use to a range of practitioners working with children and young people, including social workers, youth workers, counsellors, teachers and nurses.

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