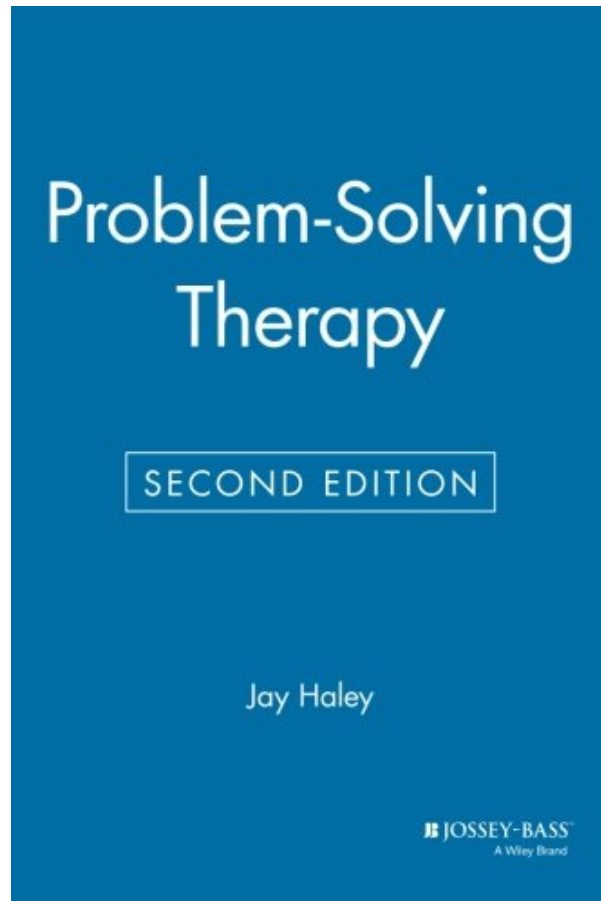


# PROBLEM-SOLVING THERAPY, SECOND EDITION BY JAY HALEY



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## Review

"Both revolutionary and pragmatic. It is written by a teacher of therapy, and it stands as one of the very few "how-to" books that really give the reader an opportunity to learn from example."

"The book has justifiably become 'must' reading for family therapy practitioners and supervisors."

## From the Inside Flap

Jay Haley describes his successful therapy strategies, shows how and when to use them, explains why they work, and offers detailed case examples that illustrate his techniques in action.

## From the Back Cover

A "startling and pragmatic book"

"Whether a fine wine or a fine book, a true classic only improves with age. Such is the case with the second edition of Jay Haley's still 'startling and pragmatic book on family therapy.'... Throughout, there is an interweaving of the conceptual and the practical, so that ultimately the book becomes an elegant 'how-to' exemplar for Haley's approach to family therapy.... 'Must' reading."

—Contemporary Psychology

In this ground-breaking book, Jay Haley focuses on solving human problems, achieving goals, and changing behaviors in reasonable amounts of time. Symptoms like depression and alcoholism are considered, not in isolation, but in the context of the entire social unit—the family, the school, the community. The mysterious process of therapy is clearly presented by a masterly and entertaining writer. For the first time in paperback, this modern classic is an indispensable guide for all those who help others.

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A classic that teaches you how to think in a contextually sensitive, directive, and goal-focused way. A highly readable and practical volume that focuses on solving problems within the context of the entire social unit--the family, the school, the community.

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5 of 5 people found the following review helpful.

Jay Haley: great book for students and therapists

By Stephen

This book is brief. It is written in Jay's usual style with wry humor, clearly written, no wasted words and a focus on the importance of working with families as the most efficient approach to solving an individual family members problem. This was written when family therapy was a high art. It will be challenging to many who have been trained in recent years and don't have a family orientation. The book uses examples of work with families as well as a section on training therapists. While it is dated in some ways, it well worth your time and will be helpful in your practice or class room.

3 of 3 people found the following review helpful.

Revolutionary

By purple ocean

I was wowed by Haley's directive approach to family therapy. This book provided me with some new ideas and very clear directions for implementing Haley's strategies. However, I think you have to be a real artist to be effective with the latter.

0 of 0 people found the following review helpful.

Great blend of technical and practical teachings with plenty of ...

By Benjamin Thompson

This is a classic book for strategic therapists. Great blend of technical and practical teachings with plenty of case studies. I highly recommend to other therapists, especially those looking to use a more directive and strategic approach with clients.

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