



Strengths-Based Therapy: Connecting Theory, Practice and Skills

Elsie Jones-Smith

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Combining both the theory and practice of strengths-based therapy, Elsie Jones-Smith introduces current and future practitioners to the modern approach of practice—presenting a model for treatment as well as demonstrations in clinical practice across a variety of settings. This highly effective form of therapy supports the idea that clients know best about what has worked and has not worked in their lives, helps them discover positive and effective solutions through their own experiences, and allows therapists to engage their clients in their own therapy.

Drawing from cutting-edge research in neuroscience, positive emotions, empowerment, and change, **Strengths-Based Therapy** helps readers understand how to get their clients engaged as active participants in treatment.

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