



# 101 Solution-Focused Questions for Help with Trauma

By Fredrike Bannink



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**101 Solution-Focused Questions for Help with Trauma** By Fredrike Bannink

**A step-by-step guide to conducting successful solution-focused therapy for survivors of traumatic experiences.**

This book aims to help therapists working with clients who struggle with trauma 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 trauma, 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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## **Editorial Review**

### **Review**

“[U]seful for students as well as professionals. It will also be accessible to families and friends seeking guidance on how to help loved ones who struggle with the past effect of trauma. . . . Bannink equips clinicians with a toolbox of ready-to-use approaches to visualizing goals and solutions to support clients as they come to terms with traumatic experiences. . . . I love the flexibility offered by Bannink . . . [A] refreshing read.” (Private Practice)

### **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**

### **From reader reviews:**

#### **Jesus Loveless:**

The ability that you get from 101 Solution-Focused Questions for Help with Trauma may be the more deep you rooting the information that hide into the words the more you get interested in reading it. It doesn't mean that this book is hard to understand but 101 Solution-Focused Questions for Help with Trauma giving you enjoyment feeling of reading. The author conveys their point in certain way that can be understood by simply anyone who read the idea because the author of this guide is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this 101 Solution-Focused Questions for Help with Trauma instantly.

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#### **Thomas Daniels:**

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