



# Resource Focused Therapy (The Systemic Thinking and Practice Series)

*Bradford Keeney, Wendel A. Ray*

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For some time the family therapy field has been moving away from a problem-based approach to work with clients. Ideas such as "creating a new family story", focusing on strengths and solutions, and making contracts with family members have all shifted interest toward a new approach to therapy. Ray and Keeney have been in the forefront of this thinking for several years and they have been experimenting with their ideas by working together with clients in order to create their own coherent, effective model for therapy. Resource Focused Therapy is the result!

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