



# **Brief Therapy and Eating Disorders: A Practical Guide to Solution-Focused Work with Clients**

*Barbara McFarland*

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## **Brief Therapy and Eating Disorders: A Practical Guide to Solution-Focused Work with Clients**

Barbara McFarland

In straightforward, clear, and pragmatic language, McFarland presents a model that focuses on strengths rather than weaknesses, on solutions rather than problems, and on hope rather than despair. Her book should be on the shelf of every clinician who works with clients who have eating problems.

--Scott D. Miller, Brief Therapy Network

Drawing from her own clinical experience, Barbara McFarland demonstrates how solution-focused brief therapy is one of the more efficient approaches in treating eating disorders. Her practical, hands on strategies and interventions guides you through each step of the treatment process.

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