
Contents

Preface	ix
Introduction: Problem-Solving Therapy	1
1. Conducting the First Interview	9
2. Giving Directives	48
3. Communication as Bits and Metaphor	81
4. Communication: Sequence and Hierarchy	100
5. Therapy in Stages	129
6. Marriage Therapy as a Triangle	151
7. Problems in Training Therapists	169

8. Ethical Issues in Therapy	195
Case Report: A Modern “Little Hans”	222
Index	269