



# The Therapist's Ultimate Solution Book: Essential Strategies, Tips & Tools to Empower Your Clients

*Judith Belmont*

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Simple psychoeducational strategies to keep clients on track during and in-between sessions.

Clients go to therapy wanting to change, but often they have no inherent knowledge of how to change. It's up to the therapist to build a well-stocked toolkit of life skills and psychoeducational strategies. This book answers the call, delivering an array of basic "solutions"—in the form of handouts, worksheets, exercises, quizzes, mini-lessons, and visualizations—to use with your clients and tailor to fit their needs.

No matter your preferred course of therapy—whether it's CBT, DBT, EMDR, or EFT—having at your disposal a variety of easy-to-learn and easy-to-teach techniques for a host of common therapy issues goes a long way in keeping your clients on track, both during and in between sessions.

Each chapter offers loads of skill-building tips and techniques to teach your clients, followed by practical take-aways for in-between sessions and additional recommended resources that they can turn to (websites, books, videos, and social media). Topics covered include:

- stress Solutions
- anxiety Solutions
- depression Solutions
- anger Solutions
- conflict Solutions
- regret Solutions
- low Self-Esteem Solutions
- life-Imbalance Solutions, and more.

This book is one-stop shopping for a variety of simple, practical, educational techniques to help your clients make longstanding life changes.

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