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been shown to be an effective treatment for many different problems and patient populations (Nezu, 2004).

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Problem-solving therapy can provide training in adaptive problem-solving skills as a means of better resolving and/or coping with stressful problems. Such skills include:

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- Generating creative means of dealing with problems.
- Accurately identifying barriers ...

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partial model of ... problem solving or other techniques that aim to facilitate change in the situation. ... patient and therapist will need to focus upon both old

PCT-A Panic control treatment for adolescents PHN Primary Health Networks PST Problem-solving therapy PTSD Posttraumatic stress disorder RCT Randomised controlled/clinical trial SAD Social anxiety disorder SFBT Solution-focused brief therapy SFT Solution-focused therapy SSRI Selective serotonin reuptake inhibitors TAU Treatment as usual

therapist, and it will also be a reminder to you about the things you can do to solve your problems after you have finished therapy. If you are using this book but not seeing a therapist, you will still find it very helpful. The exercises are not complicated and, for the most ...

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training without problem-solving training to a general social program that incorporated problem-solving training for youth with developmental disabilities. They found that the social problem-solving

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training procedure increased generalization and maintenance of the targeted social behaviors.

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