

# Preface

## *School Counseling From a Solution-Focused Perspective*

**T***hinking and Acting Like a Solution-Focused School Counselor* provides an in-depth look at the impact of employing a solution-focused perspective on one's counseling decisions and practice. The book presents the underlying philosophy, fundamental constructs, and concepts that take form in the specific intervention strategies employed by the solution-focused school counselor. However, the unique value of *Thinking and Acting Like a Solution-Focused School Counselor* is that it goes beyond the presentation of a theory and assists the readers to step into that theory, embrace it as an organizational framework and then—and most importantly—employ it to guide their procedural thinking when confronted with student information.

### **TEXT FORMAT AND CHAPTER STRUCTURE**

Research suggests that procedural knowledge—that is, knowing what to do when the student does this or that—is acquired as the result of practice accompanied by feedback. As such, *practice and feedback are central to this text*. Case illustrations, and case presentations with analyses of counselor actions and the decision-making processes underlying them, along with guided-practice activities, will be employed as “teaching tools” throughout the text.

The effective use of procedural knowledge is a hallmark of expert counselors. It is my hope that this book facilitates your own development of procedural knowledge and in so doing, supports you and your valued work of counseling our children.

—RDP