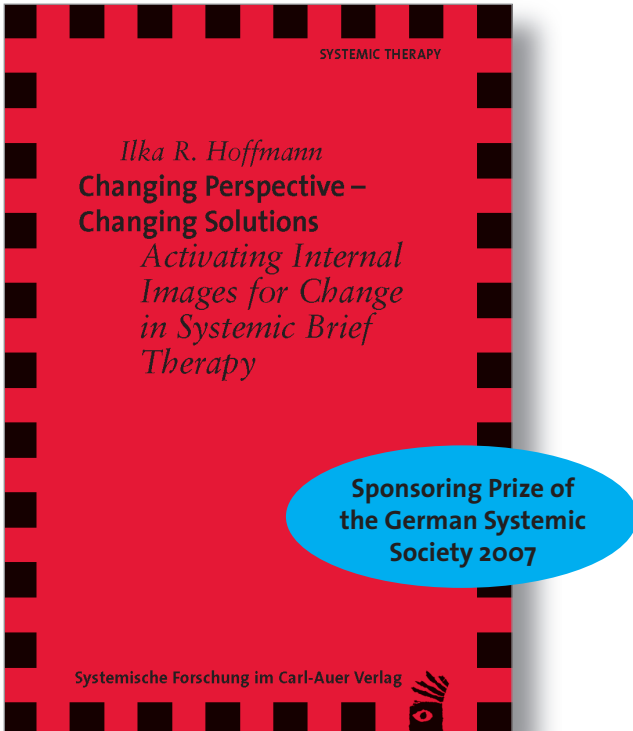


Ilka R. Hoffmann

# Changing Perspective – Changing Solutions

Activating Internal Images for Change  
in Systemic Brief Therapy



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→ **Changing Perspective –  
Changing Solutions**

Activating Internal Images for Change  
in Systemic Brief Therapy

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As today more and more clients suffer from chronic problems, interrupting the vicious cycle of problem-maintaining patterns is increasingly relevant in psychotherapeutic practice. This book introduces a new method for the interruption of these vicious cycles.

The presented therapeutic approach is based on Watzlawick et al.'s concept of second-order change, but re-introduces this concept from a "non-expert" stance: Instead of interrupting the client's unsuccessful attempted solutions through therapeutic expertise, the client's internal images are activated for change. With a discussion of the relevant theoretical concepts and a detailed description of the therapeutic approach, this book is equally interesting for practitioners and researchers.

*Ilka R. Hoffmann studied philosophy and psychology at the universities of Konstanz and Darmstadt. She obtained her PhD in psychology at the Free University of Berlin. After first engaging in counseling chronic pain patients in Darmstadt, she moved to San Francisco in 1996. There she studied couples- and family therapy, volunteered at the San Francisco Zen Hospice, and did research at the Mental Research Institute in Palo Alto. She received training in Brief Therapy (Watzlawick/Fisch), conducted an own research project and was elected as Research Associate of the Institute. Back in Germany Ilka R. Hoffmann worked as a systemic family counselor for the State of Berlin. Since 2003 she is a freelance systemic therapist, supervisor, coach and trainer in Berlin.*

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