

Simple Therapy is a new idea generated by this Bulgarian team, following on their successful work with solution-focused brief therapy. Their experience with the latter includes published research on effectiveness in populations with mental illness. Their application of true simplicity to the therapeutic conversation has resulted in a substantial change in the model towards clarity and brevity. Some similar tools exist (Macdonald 2011) but Simple Therapy represents a step-change in how we think about therapy. I have made some small experiments with Simple Therapy in my practice and have been surprised and pleased by the results.

So buy this book, read this book, try it for yourself and for the benefit of others.

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