



# Solution-Focused Cognitive and Systemic Therapy: The Bruges Model

By *Luc Isebaert*

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*Solution-Focused Cognitive and Systemic Therapy: The Bruges Model* is the first book in English to lay out the Bruges Model, a meta-model that incorporates solution-focused therapy in an analysis of the therapeutic alliance and common factors that account for the majority of the efficacy of any therapeutic endeavor. This book is divided into three parts, covering each of the common factors: client factors, therapist and relationship factors, and placebo factors. Each part summarizes the state of our theoretical knowledge, then dives into specific clinical and educational applications in specific populations and contexts.

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## Solution-Focused Cognitive and Systemic Therapy: The Bruges Model By Luc Isebaert Bibliography

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### Editorial Review

#### Review

“The Bruges model evolved in parallel to solution-focused brief therapy, each influencing the other, in part through a pivotal relationship between Luc Isebaert and Steve de Shazer. Finally, we see the fruits of Isebaert’s late night discussions with Steve and many others, with Isebaert drawing on decades of doing, reflecting on and conversing about therapy. In this comprehensive text, Isebaert describes how the Bruges model uniquely combines influences from SFBT, systemic psychotherapy, and common factors research.”? **John Wheeler, MA**, systemic psychotherapist in Ryton, Tyne & Wear, UK; president of the International Alliance of Solution Focused Training Institutes

“This book marks a pivotal moment in the history of the solution focused approach. The Bruges model is finally made available for English readers. Luc Isebaert’s contribution to solution focused therapy is strikingly original and opens door after door of possibilities. While not sacrificing clarity and practicality, this book does not shy away from theoretical depth and complexity which makes this a book to read, and then re-read many times.”? **Michael K. Hjerth, MSc**, is a solution focused therapist, supervisor, and trainer in Stockholm, Sweden.

“*Solution-Focused Cognitive and Systemic Therapy* is a definite field guide for therapists who want to dig deep and hone their skills. Luc Isebaert’s humane approach coupled with scientific research, clarity of narrative, wisdom, humour, use of metaphors, and stories makes it such a pleasurable read. Throughout the book it seemed I was in a deep, enriching, and reflective conversation with the author. I use the Bruges model in my therapy and trainings--all of my clients and trainees have marveled at the sheer simplicity and magic in ‘Three questions for a happy life.’ A must read!”? **Shelja Sen, MPhil, DCLinPsych**, child & adolescent psychologist and family therapist in New Delhi, India; author of *All You Need is Love: The Art of Mindful Parenting*.

#### About the Author

**Luc Isebaert, MD**, is the director of Korzybski International and head of the teaching staff of the Korzybski Institutes of Bruges, Paris, and of the Netherlands. He is the developer of the Bruges Model.

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