

Table of Contents

Foreword v

Table of Contents vii

Introduction

C. Flückiger, G. Wüsten, R.E. Zinbarg, and B.E. Wampold 1

1 Systematic Resource Analysis

C. Flückiger and G. Wüsten 5

 1.1 Resource Priming 8

2 Resource-Oriented Dialog Strategies

C. Flückiger, G. Wüsten, and R.E. Zinbarg 11

 2.1 Perceiving and Validating Directly Available Resources
 and Actively Introducing Unused Resources 13

 2.2 Verbalizing Resources and Immediately Experiencing
 Resources 15

 2.3 Using Potential Resources and Integrating Motivational
 Resources 17

 2.4 Strengthening Personal Resources and Furthering the
 Available Resources of the Social Network 19

 2.5 Focusing on Problem-Independent Resources and
 Taking Advantage of Problem-Relevant Resources 21

 2.6 Optimizing Usable Resources and Boosting and Maintaining
 Trainable Resources 23

 2.7 Perspectives as Heuristics for Directing Attention 25

 2.8 Resource-Orientation – Putting the Cart Before the Horse 26

 2.9 Differences in Self- and Other-Perception 28

 2.10 Problem Situation and Therapeutic Strategies 29

 2.11 Resource-Oriented Strategies and Phases of Therapy 31

 2.12 Risks and Side Effects of Resource-Oriented Strategies 33

3 Resource-Activating Structural Interventions	
<i>G. Wüsten and C. Flückiger</i>	35
3.1 Life Overview	36
3.2 Genograms and Ecograms from a Resource Perspective	38
3.3 Miracle Questions and Target Visions	41
3.4 Other People as Resource Models	44
3.5 Activating Coping Resources Through Role Reversal	46
3.6 Planning Pleasure	49
3.7 Resource Activation Through Imaginative Procedures	52
3.8 Resource Diary	55
3.9 Differentiating Between Positive Feelings and Moods	56
3.10 Reframing and Normalization	57
Appendix	59
Worksheet 1: Resource Priming	61
Worksheet 2: Resource-Oriented Dialog Strategies – Possible Questions	62
Worksheet 3: Differentiating Positive Feelings and Moods	64
Bibliography	67
Index	69