This clearly written, practical handbook describes an innovative and successful approach to individual, group, and peer supervision that is suitable for use in any environment (clinical, corporate, educational, health, governmental, community): positive supervision.

Positive supervision focuses on what actually works instead of on problems and on supervisees’ strengths rather than on their deficits. The task of supervisors using this approach is – unlike the more traditional problem-solving – to create solutions with their supervisees and to teach them to apply the same approach when working with their own patients.

Essential reading for all supervisors, this book introduces a new form of supervision, based on positive psychology and solution-focused brief therapy, that is shorter, more positive and hopeful, and more cost-effective than traditional methods.