

We particularly value the way the book holds **safety and reducing harm alongside relationships, hope and the possibility of recovery**. It doesn't claim to offer a perfect model or all the answers. Instead, it shares what families have taught the authors through their practice and offers practitioners a hopeful, practical and non-blaming way of working with families where relationships have become painful and sometimes frightening.

We're grateful to Ayse and Joe for sharing their learning with the wider Solution Focused community, and we hope this book will be a useful resource for practitioners working with children, young people and families.

Understanding Child to Parent Abuse: Recovery through Solution-Focused Brief Therapy Ayse Adil and Joseph Lettieri

Published by Routledge, 2026

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