



Solutions Since 1982



"I've done the best I can to say what I wanted to say, to say what I meant, and to mean what I said."

Steve de Shazer

June 25, 1940 to September 11, 2005

Steve de Shazer, born June 25, 1940, is widely recognized as the author of the first book on Solution-focused Brief Therapy, as a pioneer in the field of family therapy, and as a primary developer of what has become internationally recognized as the SFBT approach. He sometimes was addressed as "the grand old man of family therapy" when lecturing at conferences in his later years.

In addition to countless chapters and articles, de Shazer published ground-breaking books: *Patterns of Brief Therapy*; *Keys to Solutions in Brief Therapy*; *Clues: Investigating Solutions in Brief Therapy*; *Putting Difference to Work*; and *Words Were Originally Magic*. Just prior to his death, he completed a new book intended to update the solution-focused therapy approach. Entitled *More than Miracles: the State of the Art of Solution-focused Therapy*, it was published posthumously by The Haworth Press. He and his wife, Insoo Kim Berg, were co-founders of the Milwaukee Brief Therapy Center. He lectured widely throughout Europe, Scandinavia, North America, and Asia while serving on the editorial boards of several international journals. His books have been translated into 14 languages.

de Shazer was an iconoclast and creative genius known for a minimalist philosophy and a view of the process of change as an inevitable and dynamic part of everyday life. He reversed the traditional psychotherapy interview process by asking clients to describe a detailed resolution to the problem that brought them into therapy, thereby shifting the focus of treatment from problems to solutions.

Born and raised in Milwaukee, Wisconsin, de Shazer was the son of an electrical engineer father and an opera singer mother. He was an avid baseball fan and gourmet cook, and took long daily walks, typically early in the morning, always before retiring at night. His leisure pursuits ranged from reading philosophy tracts in original German or French, and listening to Duke Ellington, Thelonius Monk, and other Jazz greats, to pursuing esoteric cook books, *Gourmet Magazine*, and *The Cook's Illustrated* which he read cover to cover every month. A classically trained musician, he played several instruments at a professional level, and as a young man earned his living as a saxophonist on the jazz circuit. He was a talented visual artist as well, having earned a B.F.A. prior to receiving a M.S.S.W. from the University of Wisconsin, Milwaukee. He also spent time at the Mental Research Institute in Palo Alto, CA where he was mentored by the late John Weakland. They shared a lifelong friendship.

Steve de Shazer passed away September 11, 2005, in Vienna, Austria, several hours after being admitted to the hospital. His wife, Insoo Kim Berg, was by his side.