

## **In Memorium**

### **Insoo Kim Berg, 1934-2007**

July 25, 1934 - January 10, 2007

Insoo Kim Berg passed away suddenly and peacefully in Milwaukee, Wisconsin on January 10, 2007. She was 72 years old.

Berg was along with her husband, the late Steve de Shazer, primary developer of the Solution Focused Brief Therapy (SFBT) approach. A world renowned psychotherapist, lecturer, and author, she was co-founder and Executive Director of the Brief Family Therapy Center (BFTC) in Milwaukee, and trained therapists all around the world in the SFBT approach. A prolific writer, she authored numerous articles clarifying the SF approach, and 10 ground breaking books elucidating its application to a wide variety of clinical, social service and other settings. Her books, which have been translated into many languages, include among others *Interviewing for Solutions*, *Tale of Solution*, *Family Based Services*, *Solutions Step by Step*, *Children's Solution Work*, *Brief Coaching for Lasting Solutions*, and most recently, *More than Miracles* (currently in press).

Berg served on the editorial boards of the *Journal of Marital and Family Therapy*, *Family Psychology and Counseling Series*, *Families in Society*, and *Family Process*. She was a Founder of the Solution-focused Brief Therapy Association, a Clinical member and Approved Supervisor for the American Association for Marriage & Family Therapy, and was also active in the Wisconsin Association for Marriage & Family Therapy, the National Association of Social Workers, and the European Brief Therapy Association. She was a frequent key note speaker at international conferences and regularly conducted seminars and workshops on Solution-focused Brief Therapy throughout the U.S., Canada, South America, Asia and Europe.

Born and raised in Korea, Berg studied at Ewha Women's University in Seoul, Korea prior to coming to the United States to study in 1957. She earned B.S. and MSSW degrees at the University of Wisconsin-Milwaukee, completed post graduate studies at the Family Institute of Chicago, the Meninger Foundation and the Mental Research Institute in Palo Alto, CA where was mentored by the late John Weakland. It was at MRI that she first met Steve de Shazer. She worked at the Milwaukee Family Services in the early years of her career.

Berg consulted to widely diversified range of institutions and programs including among others, human service agencies, social service and mental health centers, drug and alcohol abuse treatment facilities, foster homes, homeless shelters, battered women's shelters, correction departments, home based family services programs, primary and secondary schools, various universities, the State of Michigan, and professional

business coaching organizations.

An extremely hardworking person, she took obvious pleasure in her work and rarely took a day off. In her personal life, she enjoyed a wide range of physical activities including vigorous daily walks, stretching exercises, and gardening. An advanced yoga practitioner, her flexibility and balance surpassed fellow classmates half her age. She liked to read well written novels, enjoyed classical music, but also appreciated the beauty of silence, the tranquility of nature, and knew how to savor the everyday magic of a satisfying conversation, healthful well prepared food, and the welcome respite of good night's sleep after a long journey or a day of hard work.

Widely recognized as a profoundly gifted clinician, Berg's impressive intellect was balanced by an abiding compassion for others, and a modest, informal demeanor. Her deeply caring attitude was punctuated by a lively sense of humor, a warm, ready smile, infectious optimism and enthusiasm. She radiated undeniable respect and absolute confidence in the self-expertise of each individual person. She affected everyone she came into contact with in profound ways both personally and professionally.

She is survived by her daughter Sarah, daughter-in-law Amy Underberg, sister CJ Kim, brother in law Marshall Perlman, brothers Haksoo, Taiksoo and Hunsoo Kim and their wives along with many nieces and nephews. She was preceded in death by her beloved husband, Steve de Shazer.