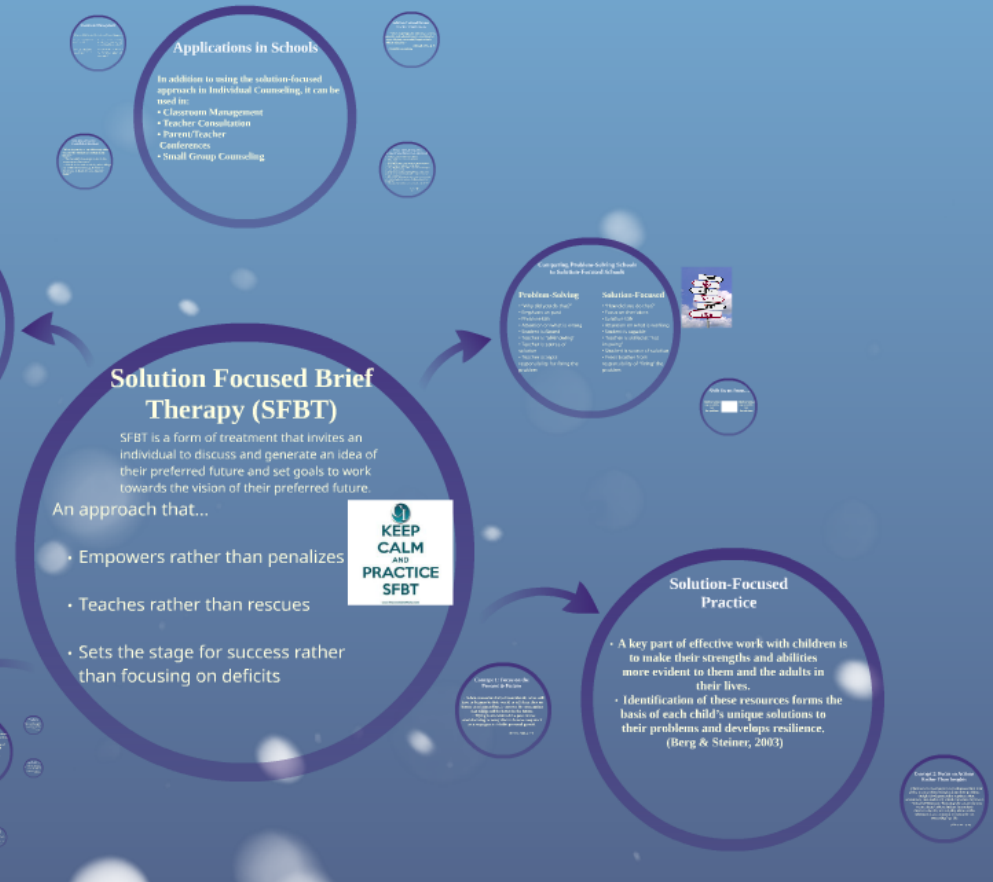


Solution to Questions

Thecasesolutions.com



Solution to Questions

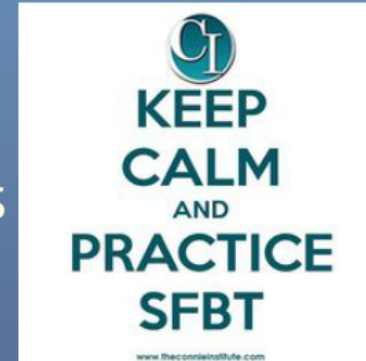
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Solution Focused Brief Therapy (SFBT)

SFBT is a form of treatment that invites an individual to discuss and generate an idea of their preferred future and set goals to work towards the vision of their preferred future.

An approach that...

- Empowers rather than penalizes
- Teaches rather than rescues
- Sets the stage for success rather than focusing on deficits



Concept 1: Focus on the Present & Future

- When counselors help clients identify what will have to happen in their world to tell them they no longer need counseling, it conveys the assumption that things will be better in the future.
- Trying to understand the past can be overwhelming to many clients & some may use it as a scapegoat to inhibit personal growth.

(Skare, 2005, p. 14)

Task Development & Goal Setting

Use task development question after exception-seeking and scaling questions have been used to help client identify his/her successes.

The goal setting process provides a sense of action and forward movement toward problem resolution.

"Based on the success you have described today regarding this problem, what is one small goal you can set to encourage this new behavior?"



Brief History

"Was developed in the 1980's by Steve de Shazer and Insoo Kim Berg and their colleagues at the Brief Family Therapy Center in Milwaukee. They built is on the findings of Bateson (1979) and Watzlawick, Weakland, and Fisch (1974), who believed that the attempted solution often perpetuated the problem and did not solve it, and that insight into the origin of the problem was not always necessary."

- From 1001 Solution Focused Questions
Bannink (2006)

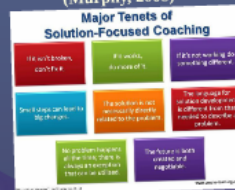
Therapist Behavior

- Asking solution questions
- Asking questions about
- Asking clients to describe
- Asking clients to describe
- Asking clients to describe



Key Assumptions of Solution-Focused Counseling

1. If it isn't broke, don't fix it. If it works, do more of it. If it doesn't work, do something different .
2. Every client is unique, resourceful, and capable of changing.
3. Clients are experts on their own lives. The client's own goal drives the activities.
4. Everybody is invested in solutions they generate.
5. No problem is constant.
6. Big problems do not always require big solutions. (Murphy, 2008)



Before you answer...

• How do you feel about the problem?

• How do you feel about the solution?

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