

## **Solution Focused Brief Therapy (SFBT)**

We specialize in Solution-focused brief therapy. Solution Focused therapy is directed toward what a person or couple would like to achieve from therapy. It helps people move from a negative view of their troubles or mental health issues toward a positive or healthier solution. As a Solution focused therapist we help our clients envision a desirable future, and then plan and achieve small and large changes needed to accomplish their goals. As a Solution Focused therapist we support and encourage small and large successes our client experiences and encourage them to build on their strengths while discouraging focus on their problems.