

## ***Limitations Of Solution Focused Therapy***

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### **Limitations Of Solution Focused Therapy**

Some of the disadvantages of using solution focused brief therapy can be summarised as follows: The worker has to listen to the client and has to take what the client says seriously. What the client says is what the client means.

### **BRIEF - Disadvantages of solution focus?**

Solution-Focused Brief Therapy (SFBT) Solution-focused brief therapy (SFBT) places focus on a person's present and future circumstances and goals rather than past experiences. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are typically not targeted. Instead, a qualified therapist encourages those in...

### **Solution-Focused Brief Therapy Overview, Solution-Focused ...**

The "Brief" in Solution-Focused Brief Therapy is a key component of SFBT. The goal of SFBT is to find and implement a solution to the problem or problems as soon as possible to minimize time spent in therapy and, more importantly, time spent struggling or suffering (Antin, 2016).

### **What is Solution-Focused Therapy: 3 Essential Techniques**

Possible Limitations, Misunderstandings, and Misuses of Solution-Focused Brief Therapy. Frank Thomas Thomas Limitations Page 1 Possible Limitations, Misunderstandings, and Misuses of Solution-Focused Brief Therapy Frank N. Thomas1 REFERENCE Thomas, F. N. (2007).

### **Thomas (2007). Possible Limitations, Misunderstandings ...**

Solution focused brief treatment (SFBT) seeks to empower the client to "create and experience her own uniquely meaningful and effective therapeutic changes" (Dolan, 1991, p.30). It is a unique treatment approach given that a central assumption is that the therapist does not really need to know all the details of a client's problem in order to help that client build a better future.

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