

# 1 solution focused therapy twenty years on

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## Unraveling Solution-Focused Therapy: A Transformative Approach to Problem Solving

### What is Solution-Focused Therapy?

Solution-focused therapy (SFT) is a brief, goal-oriented psychotherapy that focuses on identifying and amplifying solutions to problems rather than dwelling on the problems themselves.

### The Solution-Focused Therapy Principle

SFT is based on the belief that clients possess the resources and skills to find solutions to their challenges. The therapist's role is to facilitate this process by identifying and building upon these strengths.

### When did Solution-Focused Therapy begin?

SFT originated in the early 1980s, developed by Steve de Shazer and Insoo Kim Berg.

### What is Solution-Focused Therapy intended to be?

SFT is intended to be a collaborative and empowering process that helps clients achieve their desired outcomes in a short amount of time.

### The 7 Key Elements of Solution-Focused Brief Therapy

1. **Goal-focused:** The focus is on defining and achieving specific, realistic, and achievable goals.

2. **Present-oriented:** The therapy focuses on identifying current strengths and resources rather than dwelling on the past.
3. **Solution-building:** The emphasis is on identifying and amplifying existing or potential solutions.
4. **Exception-finding:** The therapist explores times when the problem was not present to identify patterns and resources.
5. **Amplification:** The therapist amplifies successful strategies and solutions that have worked in the past.
6. **Collaboration:** The therapist and client work together as a team to develop and implement solutions.
7. **Brief:** SFT is typically conducted in 5 to 15 sessions.

### **What is SFBT good for?**

SFBT has been found effective in a wide range of issues, including:

- Anxiety disorders
- Depression
- Relationship problems
- Substance abuse
- Eating disorders

### **The Aim of Solution Focused Therapy**

The aim of SFT is to empower clients to:

- Define and achieve their goals
- Identify and utilize their strengths
- Develop effective coping mechanisms
- Enhance their resilience

### **Is Solution Focused Therapy a CBT?**

No, SFT is not a type of cognitive behavioral therapy (CBT). While both therapies share some similarities, SFT emphasizes a strengths-based and solution-oriented approach, while CBT focuses on identifying and changing negative thoughts and

behaviors.

### **What is Solution Focused Practice?**

Solution focused practice is the application of SFT principles in various settings, including social work, education, and healthcare.

### **What is the Difference Between CBT and SFBT?**

- **Focus:** CBT focuses on problems, while SFBT focuses on solutions.
- **Time orientation:** CBT addresses the past and present, while SFBT focuses primarily on the present and future.
- **Client role:** In CBT, clients are seen as active participants in change, while in SFBT, clients are viewed as experts on their own experiences.

### **What is the Difference Between Problem-Focused and Solution Focused Therapy?**

- **Problem-focused therapy:** Emphasizes identifying and analyzing the causes of problems.
- **Solution focused therapy:** Focuses on identifying and amplifying solutions to problems.

### **Techniques Used in Solution-Focused Therapy**

- **Scaling questions:** Asking clients to rate the severity of their problem on a scale of 1 to 10.
- **Miracle question:** Asking clients to imagine their desired outcome as if a miracle occurred.
- **Exception questions:** Exploring times when the problem was not present to identify patterns and resources.
- **Coping questions:** Identifying strategies that clients have used successfully in the past.

### **Core of Solution Focused Therapy**

The core of SFT lies in its belief that clients have the potential to find solutions to their problems. The therapist's role is to facilitate this process by empowering clients to:

- Identify their strengths
- Develop effective strategies
- Achieve their desired outcomes

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