

Solution-focused brief practice with long-term clients in mental health services

Haworth Press - 3 Scaling Questions From Solution Focused Therapy

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Notes: Includes bibliographical references (p. 169-172) and index.
This edition was published in 2007



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Keeping it brief

What number would you give it? It seems to be a good fit for court-ordered clients, possibly due to the externalizing of the problem and unconditional acceptance of how they have attempted to resolve the issues in the past.

Solution

Signs to Look For Solution-focused brief therapy is used to treat a variety of mental health disorders.

Solution

Tales of solution: A collection of hope inspiring stories. She explains that a few sessions with her can help clients solidify their goals before launching into longer-term therapy. If they have a goal-oriented mindset and are willing to work to achieve the outcomes they are striving for.

What is Solution

Pre-Session Change Question In first sessions, once a client has identified a goal, a SF therapist usually asks some version of the following question: We have learned over the years that sometimes in between making an appointment and coming in, something happens to make things better.

3 Scaling Questions From Solution Focused Therapy

And it is time to go to bed.

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