

# Solution-Focused Therapy (SFT) in Primary Care



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**Summary:** Many primary care patients present with chronic issues, or challenging problems with emotional and/or behavioural aspects such as anxiety, depression, grief, or chronic medical issues. Standard medical, problem-based interviewing are good for acute issues, but may be less effective for these types of issues. Solution-focused therapy (SFT) is an extremely powerful approach for these types of patients and is suitable for a primary care setting. SFT is a form of brief therapy which presupposes that patients have the ability to bring about the changes they need. SFT concentrates on a patient's strengths, abilities and resources thus empowering the patient to overcome their own obstacles with hope and optimism. Solution-focused strategies are ideal for primary care settings because they can be used in any clinical encounter, whether it is a standard 15-minute appointment or a 15-30 minute counselling session.

## Case: Linda, Part 1

You are seeing Linda, a 40-year old ish woman for chronic pain. Unfortunately, she continues to have chronic pain, despite having seen numerous specialists, and trying numerous medications and treatments. It really does seem like all the diagnostic and treatment options have been exhausted. You ask her: "What brings you here today?" She responds, "My pain! I want to try a new medication to see if it will be better."

You know that she has tried every possible medication.... You decide that during today's visit, you will try something different....

## What is Solution-Focused Therapy (SFT)?

Solution-focused therapy (SFT) is a form of brief therapy which emerged in the 1970s<sup>1</sup>. It was initially used by family therapists to shift the focus of therapy from problems to solutions<sup>2</sup>. SFT presupposes that patients have the ability to bring about the changes they need<sup>3</sup>. The patient knows what the best solution is and how to achieve this solution<sup>4</sup>. SFT concentrates on a patient's strengths, abilities and resources thus empowering the patient to overcome their own obstacles with hope and optimism<sup>5</sup>. There is a strong focus on the present and future, rather than the past<sup>6</sup>. Various techniques can be integrated into SFT provided the core principles are preserved<sup>8</sup>.

## What is the Evidence for SFT?

# Solutionfocused Therapy

**Thorana S. Nelson**



## **Solutionfocused Therapy:**

## The Enigmatic Realm of **Solutionfocused Therapy**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Solutionfocused Therapy** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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