

# 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

**Dr Alasdair Macdonald**



## **Solutionfocused Therapy:**

**Solution-Focused Therapy** Dr Alasdair Macdonald, 2007-03-16 Solution Focused Therapy is a relatively new but strongly supported and growing approach Solution Focused Therapy Theory Research Practice contains an overview of current research in the area and an account of the use of solution focused approaches in various relevant therapeutic situations Written by Dr Alasdair J MacDonald one of the leading Solution Focused Therapy specialists in Europe and a key figure in the European Brief Therapy Association this book provides both trainees and practitioners with instruction in the method of solution focused brief therapy

**The Solution Focused Brief Therapy Diamond** Elliott E. Connie, Adam S. Froerer, 2023-03-28 A guide for clinicians both beginner or seasoned professional to understand the philosophy and practical steps of Solution Focused Brief Therapy SFBT to maximize their effectiveness with any client written by two respected and innovative experts in the field Solution focused brief therapy SFBT is a therapeutic approach that focuses on the client's hoped for future instead of their ongoing problems Elliott E Connie and Adam S Froerer are the founders of The Solution Focused Universe and are two of the most respected and innovative experts in their field Together they have developed the Diamond model a framework of SFBT skills and tools designed to guide a clinician through each session of therapy which is one of the biggest innovations in the field of solution focused brief therapy This is a practical guide for any clinician beginner or seasoned professional to understand the philosophy and practical steps of conducting an SFBT session Among the topics discussed How to presuppose the best in your client How to trust your client's capability The stance clinicians should adopt to be effective solution focused practitioners The art of asking meaningful questions The importance of autonomy This book also includes tools to help practitioners implement this approach including a complete SFBT session with editorial comments that illustrate the thinking that goes into constructing a session as well as 101 solution focused questions that practitioners can use Connie and Froerer see their Diamond model as life changing for all parties involved They write This work is transformative not only for clients but also for you When you view your clients as capable and strong it changes you and how you do your job Your perceptions directly impact your actions

**Becoming Solution-Focused In Brief Therapy** John L. Walter, Jane E. Peller, 2013-09-05 A practical guide to becoming solution focused and construction solutions in brief therapy At the core of the book is a sequence of skill building chapters that cover all aspects of construction solutions Each chapter explains and demonstrates a particular skill with discussion and exercises

**Solution Focused Brief Therapy in Schools** Michael S Kelly, Johnny S Kim, Cynthia Franklin, 2008-04-29 Since its creation in the 1980s solution focused brief therapy SFBT has gradually become a common and accepted treatment option for many mental health professionals This book gives school social workers the tools they need to understand and use SFBT with students families teachers and administrators

**Solution Focused Therapy for the Helping Professions** Barry Winbolt, 2011-06-15 This accessible guide to Solution Focused Brief Therapy SFBT an effective therapeutic approach which focuses on strengths and achievements provides a

practical introduction to what SFBT is and how to use it with clients Barry Winbolt leads the reader through the principles techniques and steps involved in the approach *Skills in Solution Focused Brief Counselling and Psychotherapy* Paul Hanton, 2011-04-13 In recent years solution focused brief therapy SFBT has emerged as the therapy of choice for many health and social care professionals Its simplicity and brevity means it is effective economical and adaptable across many settings and it also has a strong evidence base As part of the bestselling SAGE Skills in Counselling case studies therapeutic dialogue hints and tips exercises and points for reflection the book is an ideal companion for any counselling health or social care trainee who plans to practice Solution Focused Brief Therapy in today's time constrained settings It will also be a valuable guide for those qualified in the caring professions and wishing to refresh the way that they work

*Solution-Focused Brief Therapy* Cynthia Franklin, 2012 Therapy is frequently miscast as requiring an enormous amount of time and financial commitment but helpful goal oriented therapy can produce positive results after only a few sessions By focusing on solutions instead of problems SFBT asks clients to set concrete goals and to draw upon strengths in their lives that can help bring about the desired change for a preferred future **Solution Focused Group Therapy** Linda Metcalf, 1998 In our managed care era group therapy long the domain of traditional psychodynamically oriented therapists has emerged as the best option for millions of Americans However the process can be frustratingly slow and studies show that patients actually feel worse after months of group treatment than when they began Can and should the group speed a person's progress Now in this must have book marriage and family therapist Linda Metcalf persuasively argues that the collaborative nature of group therapy actually lends itself to time limited treatment She combines the best elements of group work and the popular solution focused brief therapy approach to create new opportunities for practitioners and patients alike Among the topics covered in this valuable guide are how to learn the model how to design a group and recruit members how to identify exceptions to a group member's self destructive behaviors and thoughts how to help members focus on their successes rather than their failures how to keep the group solution focused when therapists or members fall back into old patterns This unique resource also includes case examples and session transcripts to follow together with reproducible forms that can be used as they are or tailored to a therapist's needs Solution Focused Group Therapy is an up to the minute highly accessible resource for therapists of any orientation Managed care companies in particular will welcome this model which deals so effectively and economically with today's biggest problems including eating disorders chemical dependencies grief depression anxiety and sexual abuse *Solution Building in Couples Therapy* Elliott Connie, 2012-09-14 This brief volume presents the basic premises of solution building liberally enriched with examples This is a remarkable book the first of its kind radical in its message written about couples but also suitable for all manner of referrals Choice Current Reviews for Academic Libraries Elliott Connie has written a remarkable book Read it and you will be taken on a journey If you are new to the world of solution focused brief therapy beware This book could capture your heart As Elliott says from the very beginning

solution focused brief therapy is simple so simple it is really hard to learn And from this book if you set out to do so you could teach yourself how to become a competent solution focused brief therapist It is all here laid out clearly packed with examples from the real world of therapy repeated and repeated like onion skins each repetition releasing its own flavour a variation on a theme a new understanding of something already known Chris Iveson MA BRIEF London UK Working with couples presents psychotherapists and counselors with a unique set of challenges such that many therapists prefer not to work with couples or attempt to avoid it entirely In the first book written about solution focused therapy SFT with couples author Elliott Connie describes how his use of SFT made working with couples a pleasure rather than a burden The solution focused approach is one that facilitates cooperation between partners in the creation of an agreed upon future rather than merely focusing on the problems that have come to define the relationship Beginning with a clear explanation of the assumptions and tenets required for the practice of SFT this book presents a step by step breakdown of exactly how to conduct solution building sessions with couples Each chapter focuses on a different part of the therapeutic process and includes sample dialogues techniques and vignettes drawn from the author s own extensive practice Readers will feel as though they themselves are going through the therapeutic process with the couples and observing the impact of each step of the process Numerous exercises and common solution focused questions help readers integrate this new material into their repertoire for immediate use Key Features Provides a unique view of couples therapy in action using the solution focused approach Includes actual questions to ask clients sample dialogues and sample homework assignments Features examples drawn from actual cases illustrating techniques used in practice with real couples Presents scales to measure progress and supporting research for the application of solution focused therapy to couples counseling     Solution-Focused Brief Therapy Johnny S. Kim, Ph.D.,2013-07-23 Solution Focused Brief Therapy by Johnny S Kim is the first book in the field to provide a practical overview of the essentials of solution focused brief therapy SFBT from a multicultural perspective including intervention skills research applications and implications for practice Case examples illustrate SFBT in action with a wide range of client populations In addition the book incorporates recommendations from the recently developed and approved SFBT treatment manual published by the Solution Focused Brief Therapy Association     Solution-Focused Brief Therapy Teri Pichot,Yvonne M Dolan,2014-02-04 Re energize your practice Solution Focused Brief Therapy Its Effective Use in Agency Settings chronicles the lessons learned when a substance abuse counseling program switches its theoretical orientation from problem focused to solution focused The book details the technical aspects of the changeover theory techniques interventions politics and team design as well as the personal struggles the team endured and the successes they enjoyed It demonstrates how solution focused therapy can be applied to both clinical and administrative work while addressing questions and concerns providing general information and help in understanding the subtleties and idiosyncrasies of the treatment Solution Focused Brief Therapy is a practical step by step guide to individual and group solution focused therapy presenting a new and

effective method of working with clients that re energizes therapists and benefits administrators and clinical supervisors The book provides clear descriptions of basic interventions and philosophy highlights points of contrast with more traditional approaches examines the principles behind the Miracle Question and demonstrates how to integrate relapse prevention help clients maintain therapeutic gains and communicate effectively with colleagues who represent different philosophies Solution Focused Brief Therapy provides a thorough understanding of solution focused therapy through the use of case studies interviews with therapists sample forms tables and much more Solution Focused Brief Therapy Its Effective Use in Agency Settings is ideal for professionals interested in implementing solution focused therapy into individual group or agency settings including child protection agencies community mental health clinics private practices sexual abuse programs substance abuse treatment family based services and academics working in substance abuse counseling social work psychology and general counseling      *Education and Training in Solution-Focused Brief Therapy* Thorana S. Nelson,2005 Solution focused brief therapy SFBT is the practice that works by changing concentration from problem behaviour to solution behaviour ideally within just a few sessions This book includes helpful tables questionnaires case studies each chapter is extensively referenced      **Solutioning.** Willyn Webb,2013-08-21 Are you tired of having to compromise your philosophy of counseling to fit the world of managed care Are you trying to save time while creating a hopeful atmosphere for your clients Are you looking for more effective ways to encourage responsibility raise self esteem and develop life long abilities in your clients This book offers a new strategy for any helping professional who answered yes to the above questions Based on Solution Focused Brief Therapy the 4 P Solutioning process provides therapists with key methods to end blaming encourage responsibility and empower clients to find and use solutions Solutioning is not an all encompassing theory that requires a radical change in philosophy but a language that promotes growth change and flexibility It encourages the practitioner to blend tried and true techniques with the solutioning attitude and supplementary interventions allowing the efficiency necessary for managed care survival This book provides therapists with The language of the 4 Ps taught using easily accessible practice sheets skill highlights which focus on pre existing skills that can be given a solutioning slant solutioning applications that illustrate how particular interventions apply to common mental health issues intakes treatment plans progress notes and many other usable tools along with specific adaptations for family couple and play therapy a complete solutioning group program and the curriculum for teaching the 4 P process with lessons and handouts      **Solution Focused Brief Therapy** Harvey Ratner,Evan George,Chris Iveson,2012-07-26 Solution Focused Brief Therapy 100 Key Points and Techniques provides a concise and jargon free guide to the thinking and practice of this exciting approach which enables people to make changes in their lives quickly and effectively It covers The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents including school based work families and adults How to deal with difficult situations Organisational

applications including supervision coaching and leadership Frequently asked questions This book is an invaluable resource for all therapists and counsellors whether in training or practice It will also be essential for any professional whose job it is to help people make changes in their lives and will therefore be of interest to social workers probation officers psychiatric staff doctors and teachers as well as those working in organisations as coaches and managers **Solution-Focused Brief**

**Therapy with Families** Thorana S. Nelson, 2018-09-24 Solution Focused Brief Therapy with Families describes SFBT from a systemic perspective and provides students educators trainers and practitioners with a clear explanation and rich examples of SFBT and systemic family therapy Family therapists will learn how SFBT works with families solution focused therapists will learn how a systemic understanding of clients and their contexts can enhance their work and all will learn how to harness the power of each to the service of their clients The book starts with an exploration of systems cybernetics and communication theory basics such as wholeness recursion homeostasis and change Following this is an introduction to five fundamental family therapy approaches and an overview of Solution Focused Brief Therapy Next the author considers SFBT within a systems paradigm and provides a demonstration of SFBT with families and couples Each step is explicated with ideas from both SFBT as well as systems The final chapter shows how SFBT practices can be applied to a variety of family therapy approaches This accessible text is enhanced by descriptions case examples dialogue and commentary that are both systemic and solution focused Readers will come away with a new appreciation for both the systemic worldview of SFBT and SFBT principles as applied to systemic work **Handbook of Solution-Focused Brief Therapy** Thorana S Nelson, Frank N

Thomas, 2012-03-22 An invaluable guide to the history descriptions of practice strategies and applications of SFBT The Handbook of Solution Focused Brief Therapy is a unique comprehensive guide that assists clinicians regardless of experience level in learning and applying the concepts of Solution Focused Brief Therapy SFBT to particular situations with clients Noted experts discuss the therapy practices and various uses for the approach in detail which focuses on encouraging clients to look at exceptions times when the problem could have occurred and did not and goals and future possibilities A history of the practice model and its interventions is discussed along with limitations descriptions of practice strategies applications to specific client populations and clinical problems and concerns This useful resource also includes an illustrative case study that uses the SFBT model The Handbook of Solution Focused Brief Therapy first lays a foundation of knowledge providing chapters on the crucial assumptions and practices history and epistemology behind the approach Further chapters use that basis to explain the application of the approach with several clinical issues and various populations including couples depression domestic violence schools children pastoral work therapist burnout and a few outside therapy room applications Other chapters focus on the important issues in therapist training and supervision Extensive references are provided at the end of each chapter Topics discussed in the Handbook of Solution Focused Brief Therapy include assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public

schools children and young people SFBT in faith based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations misunderstandings and misuses of SFBT a tribute to the late Steven de Shazer co founder of the SFBT approach The Handbook of Solution Focused Brief Therapy is an invaluable reference for all types of therapists including psychologists counselors social workers and family therapists at any level of experience including students trainees and experienced therapists *More Than Miracles* Steve de Shazer, Yvonne Dolan, 2012-01-26 The latest developments in this groundbreaking therapy approach *More Than Miracles* The State of the Art of Solution Focused Brief Therapy is a ground breaking intellectually provocative book revealing new advances in the widely used evidence based Solution focused Brief Therapy SFBT approach The final work of world renowned family therapists and original developers of SFBT the late Steve de Shazer and Insoo Kim Berg who passed away shortly before the book's release this definitive resource provides the most up to date information available on this eminently practical internationally acclaimed approach New revelations about the impact of language in therapeutic change are presented precisely and clearly illustrated with real life case examples that give readers a hands on view of the newest technical refinements in the SF approach Challenging questions about the applications of SFBT to complex problems in difficult settings are given thoughtful detailed answers The book's unique design allows the reader to listen in on the lively discussions that took place as the authors watched therapy sessions The solution focused brief therapy approach is based upon researchers observing thousands of hours of psychotherapy sessions and studying which questions and responses were most effective in helping people develop solutions to their problems *More Than Miracles* The State of the Art of Solution Focused Brief Therapy is the most up to date comprehensive review of this approach This book discusses the latest developments in the fields of family therapy brief therapy and psychotherapy training and practice A succinct overview orients the reader to the current state of SFBT and provides three real life case transcripts that vividly illustrate the practical applications of SFBT techniques The seminar format of *More Than Miracles* The State of the Art of Solution Focused Brief Therapy allows readers to sit in on surprising psychotherapy sessions eavesdrop on the authors commentary about the sessions get a comprehensive overview on the current state of SFBT review and understand the major tenets of SFBT learn specific interventions including the miracle question and the reasons for asking it understand treatment applicability read actual session transcripts understand the miracle scale get insight into the unique relationship between Wittgenstein's philosophy and SFBT better understand SFBT and emotions examine misconceptions about SFBT and more *More Than Miracles* The State of the Art of Solution Focused Brief Therapy is illuminating reading for psychotherapists counselors human services personnel health care workers and teachers **Solution-Focused Brief Therapy with Clients Managing Trauma** Adam Froerer, Jacqui von Czipfra-Bergs, Johnny Kim, Elliott Connie, 2018-07-24 The topic of trauma has been covered in many books and there are many publications covering the use of SFBT in different settings and with varied client



populations However the convergence of these topics has to date been covered only minutely Solution Focused Brief Therapy with Clients Managing Trauma is a comprehensive overview of how Solution Focused Brief Therapy SFBT can be used as a treatment approach for working with clients managing various forms of trauma It includes an overview of SFBT's basic tenets a description of the current research supporting SFBT as an evidence based practice and a comparison of how SFBT clinicians may approach trauma cases differently than clinicians from other therapeutic approaches The bulk of the text uniquely includes chapters contributed by skilled SFBT clinicians with differing clinical expertise sharing their knowledge and describing their strength based resiliency focus of applying SFBT in different traumatic circumstances Practitioners and even Master's doctoral students will find this text invaluable in learning how to best help traumatized clients develop a positive future and move toward healing and health

**The Solution Focused Way** Simon Proudlock, 2017-07-05 This is a comprehensive step by step guide to incorporating solution focused techniques into everyday practice Solution focused therapy helps clients to identify how their lives would be without their problems by exploring current client resources and strengths and their hopes for the future Instead of dissecting the problem it looks at what is different when the problem isn't happening or is less severe These times are the building blocks of solutions Solution focused methodology is increasingly used within community mental health teams mental health charities inpatient settings education and business as it is a well structured and demonstrably effective approach This book provides guidance for practitioners to gain the skills they need to move from problem focused work to searching for solutions a comprehensive step by step guide to using solution focused techniques and integrating them into existing practice a brief review of the evidence base on solution focused therapy ample exercises to give to clients to help them move away from their problems to finding solutions and clear instructions on how to adapt these techniques for specific populations such as individuals with substance misuse problems individuals in crisis anger management and working with couples This is a very clear and practical guide to using solution focused brief therapy in everyday practice and will be invaluable for all practitioners wanting to incorporate these techniques into their work

**Doing What Works in Brief Therapy** Ellen K. Quick, 2008-03-11 Doing What Works in Brief Therapy A Strategic Solution Focused Approach is both a set of procedures for the therapist and a philosophy one that is shared with clients and one that guides the work of the therapist This second edition continues its excellence in offering clinicians a guide to doing what works in brief therapy for whom and when and how to use it Psychotherapy that follows these guidelines validates the client's most important concerns and it often turns out to be surprisingly brief Author Ellen Quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteristics and preferences With clinically rich examples throughout this book offers applications for couples including indications for individual or conjoint sessions Chapter summaries highlighting key points Presents ways of eliciting what clients most want to remember Describes the Doing What Works Group including outcome research findings and all materials needed to run

the group Addresses the relationship among the positive psychology movement and this approach and the potential for collaboration Emphasizes an acceptance based stance and how acceptance commonly leads to change Proposes that doing what works and changing what doesn't can provide a transtheoretical perspective for therapists of any orientation

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## **Table of Contents Solutionfocused Therapy**

1. Understanding the eBook Solutionfocused Therapy
  - The Rise of Digital Reading Solutionfocused Therapy
  - Advantages of eBooks Over Traditional Books
2. Identifying Solutionfocused Therapy
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Solutionfocused Therapy
  - User-Friendly Interface
4. Exploring eBook Recommendations from Solutionfocused Therapy
  - Personalized Recommendations
  - Solutionfocused Therapy User Reviews and Ratings
  - Solutionfocused Therapy and Bestseller Lists
5. Accessing Solutionfocused Therapy Free and Paid eBooks

- Solutionfocused Therapy Public Domain eBooks
- Solutionfocused Therapy eBook Subscription Services
- Solutionfocused Therapy Budget-Friendly Options
- 6. Navigating Solutionfocused Therapy eBook Formats
  - ePub, PDF, MOBI, and More
  - Solutionfocused Therapy Compatibility with Devices
  - Solutionfocused Therapy Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Solutionfocused Therapy
  - Highlighting and Note-Taking Solutionfocused Therapy
  - Interactive Elements Solutionfocused Therapy
- 8. Staying Engaged with Solutionfocused Therapy
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Solutionfocused Therapy
- 9. Balancing eBooks and Physical Books Solutionfocused Therapy
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Solutionfocused Therapy
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Solutionfocused Therapy
  - Setting Reading Goals Solutionfocused Therapy
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Solutionfocused Therapy
  - Fact-Checking eBook Content of Solutionfocused Therapy
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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