

Solution Focused Brief Therapy

20/06/2012

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Solution Focused Brief Therapy or Brief Therapy or Solution Focus is really a form of coaching. The significance for me is that the focus is on the positive rather than dwelling on the past or the negative.

So typical questions are the opener of 'So What has gone well in the last 2 weeks?' A scale is often used as a base to see where you are now and to define what would be a ten, then to identify what would be different if you were to move one place UP the scale. Then focus on how that would make you feel, what would be different, what would others see to tell them you were a 6 instead of a 5 etc.

I always find the process positive and productive, leaving sessions feeling refreshed and good about what I have achieved rather than what I have not done or what has gone 'not so well'. Give it a go!