



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

SOLUTION FOCUSED BRIEF THERAPY

What is Solution Focused Brief Therapy?

Solution Focused Brief Therapy (SFBT) is a goal-directed collaborative approach to psychotherapeutic change that is conducted through direct observation of clients' responses to a series of precisely constructed questions. SFBT focuses on addressing what clients want to achieve without exploring the history and provenance of problem(s)

Sessions typically focus on the present and future, focusing on the past only to the degree necessary for communicating empathy and accurate understanding of the client's problems and concerns.

Solution-focused therapists believe personal change is already constant. By helping clients to identify positive directions for change in their life and to attend to changes currently in process they wish to continue, the therapist will support the client to construct a concrete vision of a *preferred future* for themselves.

SFBT is an approach to psychotherapy based on solution-building rather than problem-solving. Although it acknowledges present problems and past causes, it predominantly explores the client's current resources and future hopes. This can help the client to look forward and use their own strengths to achieve their goals.

SFBT is generally a time-limited approach to therapy. However, SFBT is often incorporated into other long-term therapy types and effects can be long-lasting. Therapy, therefore, can be short-term or long-term and will be different for every client. There are no right or wrong answers as therapy will be tailored to each individual client as much as possible and while the therapist will guide you along the way, sessions will be at your pace and can be short-term or long-term depending on what each client wishes to achieve from attending therapy.

SFBT focuses on discussing solutions rather than discussing problems. Of course, it's important to initially discuss the problem to find a solution; however, beyond understanding what the problem is and deciding how to address it, therapy will not dwell on every detail of the problem you are experiencing and will, instead, focus on how to work towards finding solutions that work for the client.

SFBT doesn't require clients to explore and take apart their childhood and discuss how their past has influenced their present. Sessions firmly in the present while working toward a future in which your current problems have less of an impact on your life (Psychology Today).

One way of understanding the practice of SFBT is displayed through the acronym MECSTAT, which stands for Miracle questions, Exception questions, Coping questions, Scaling questions, Time-out, Accolades and Task. These are some of the tools and techniques used in SFBT.

A key task in SFBT is supporting clients to identify and attend to their own internal competencies, skills and resources; as well as their immediate support systems and supportive social networks. This focus helps the client construct narratives as internally competent and externally supported. Expanding language here often identifies new ways to bring existing resources to bear upon present problems. Therapists empower clients to identify their own resources by way of scaling questions, problem-free talk, and during exception-seeking (Wikipedia)

If you have any questions or need more information, please feel free to get in touch.