

Solution Focused Therapy (SFT)

- Focuses on solutions rather than on the problems that brought clients to seek therapy.
- SF therapists have learned that most people have previously solved many, problems and probably have some ideas of how to solve the current problem.
- To help clients see these potential solutions, therapists may ask, “Are there times when this has been less of a problem?” or “What did you (or others) do that was helpful
- After these questions, clients visibly change in their demeanor and some even break out in smiles as a they describe their solutions. The next step is to identify the most recent times when the client has had small pieces of miracles (called exceptions) and get them to repeat these forgotten experiences.



The Solution Focused Therapy Model The First Session Part 1

Padhraic Smyth



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