



SOLUTION-FOCUSED BRIEF THERAPY

"I don't lead musicians, man. They lead me. I listen to them and learn what they do best."

~Miles Davis

DIRECTIONS OF FOCUS

- Spend 25% of our time focusing on the circumstances
- Spend 75% of our time focusing on the goals

ABOUT SFBT

- Steve de Shazer, Insoo Kim Berg, and their colleagues developed Solution-Focused Brief Therapy starting in the late 1970's
- Utilized in business, social policy, education, criminal justice services, child welfare, and domestic violence offender treatment
- Solution building, not problem solving
- Not focused on giving advice but giving the client the chance to direct the process

TENETS OF SFBT

- If it's not broken, don't fix it
- Look for exceptions
- Asking questions rather than telling clients what to do
- Future is negotiated and created
- Complements
- Gentle nudging to do more of what is working
- Change is constant and inevitable
- The solution is not always directly related to the problem

SFBT INTERVENTIONS

- Not knowing
- Complementing strengths
- Scaling questions
- Exception questions
- Coping questions
- Miracle question

SFBT CONNECTS TO

- Motivational Interviewing
- Strengths perspective