

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 1970s¹. It was initially used by family therapists to shift the focus of therapy from problems to solutions². SFT presupposes that patients have the ability to bring about the changes they need³. The patient knows what the best solution is and how to achieve this solution⁴. SFT concentrates on a patient's strengths, abilities and resources thus empowering the patient to overcome their own obstacles with hope and optimism⁵. There is a strong focus on the present and future, rather than the past⁶. Various techniques can be integrated into SFT provided the core principles are preserved⁸.

What is the Evidence for SFT?

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The Top Books of the Year Solutionfocused Therapy The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Solutionfocused Therapy : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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