

# 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 1970s<sup>1</sup>. It was initially used by family therapists to shift the focus of therapy from problems to solutions<sup>2</sup>. SFT presupposes that patients have the ability to bring about the changes they need<sup>3</sup>. The patient knows what the best solution is and how to achieve this solution<sup>4</sup>. SFT concentrates on a patient's strengths, abilities and resources thus empowering the patient to overcome their own obstacles with hope and optimism<sup>5</sup>. There is a strong focus on the present and future, rather than the past<sup>6</sup>. Various techniques can be integrated into SFT provided the core principles are preserved<sup>8</sup>.

## What is the Evidence for SFT?

# Solutionfocused Therapy

**Barry Winbolt**



## **Solutionfocused Therapy:**

*Solution-Focused Therapy* Dr Alasdair Macdonald,2007-03-16 Solution Focused Therapy is a relatively new but strongly supported and growing approach Solution Focused Therapy Theory Research Practice contains an overview of current research in the area and an account of the use of solution focused approaches in various relevant therapeutic situations Written by Dr Alasdair J MacDonald one of the leading Solution Focused Therapy specialists in Europe and a key figure in the European Brief Therapy Association this book provides both trainees and practitioners with instruction in the method of solution focused brief therapy

**Solution Focused Brief Therapy in Schools** Michael S Kelly,Johnny S Kim,Cynthia Franklin,2008-04-29 Since its creation in the 1980s solution focused brief therapy SFBT has gradually become a common and accepted treatment option for many mental health professionals This book gives school social workers the tools they need to understand and use SFBT with students families teachers and administrators

**Skills in Solution Focused Brief Counselling and Psychotherapy** Paul Hanton,2011-04-13 In recent years solution focused brief therapy SFBT has emerged as the therapy of choice for many health and social care professionals Its simplicity and brevity means it is effective economical and adaptable across many settings and it also has a strong evidence base As part of the bestselling SAGE Skills in Counselling case studies therapeutic dialogue hints and tips exercises and points for reflection the book is an ideal companion for any counselling health or social care trainee who plans to practice Solution Focused Brief Therapy in today s time constrained settings It will also be a valuable guide for those qualified in the caring professions and wishing to refresh the way that they work

Solution-Focused Therapy Bill O'Connell,2012-10-03 Struggling with the intricacies of Solution Focused theory skills or practice Wanting to learn more about providing brief practically based solution focused interventions across many therapeutic settings As part of the popular Brief Therapies Series this long awaited third edition will tell you all you need to know about Solution Focused Therapy SFT and more This popular introduction takes you step by step through the counselling process providing insight into how to structure and manage your therapeutic work in ways that are grounded in Solution Focused principles This book includes a detailed introduction to the theory and practice of brief therapy a discussion of the foundations of SFT exercises to use with clients and or trainees brand new case examples relating theory directly to practice an insightful reflection on the journey of the practitioner From leading Solution Focused expert Bill O Connell this book will not only provide practical guidelines and theoretical background for the beginner but support and inspiration for the more experienced Bill O Connell is Director of Training for Focus on Solutions Limited in Birmingham He was previously Head of the Counselling Department at Westhill College of Higher Education Birmingham and is co editor of Handbook of Solution Focused Therapy SAGE 2003

Solution-Focused Brief Therapy Teri Pichot,Yvonne M Dolan,2014-02-04 Re energize your practice Solution Focused Brief Therapy Its Effective Use in Agency Settings chronicles the lessons learned when a substance abuse counseling program switches its theoretical orientation from problem focused to

solution focused The book details the technical aspects of the changeover theory techniques interventions politics and team design as well as the personal struggles the team endured and the successes they enjoyed It demonstrates how solution focused therapy can be applied to both clinical and administrative work while addressing questions and concerns providing general information and help in understanding the subtleties and idiosyncrasies of the treatment Solution Focused Brief Therapy is a practical step by step guide to individual and group solution focused therapy presenting a new and effective method of working with clients that re energizes therapists and benefits administrators and clinical supervisors The book provides clear descriptions of basic interventions and philosophy highlights points of contrast with more traditional approaches examines the principles behind the Miracle Question and demonstrates how to integrate relapse prevention help clients maintain therapeutic gains and communicate effectively with colleagues who represent different philosophies Solution Focused Brief Therapy provides a thorough understanding of solution focused therapy through the use of case studies interviews with therapists sample forms tables and much more Solution Focused Brief Therapy Its Effective Use in Agency Settings is ideal for professionals interested in implementing solution focused therapy into individual group or agency settings including child protection agencies community mental health clinics private practices sexual abuse programs substance abuse treatment family based services and academics working in substance abuse counseling social work psychology and general counseling

**Solution-Focused Brief Therapy** Johnny S. Kim, Ph.D., 2013-07-23 Solution Focused Brief Therapy by Johnny S Kim is the first book in the field to provide a practical overview of the essentials of solution focused brief therapy SFBT from a multicultural perspective including intervention skills research applications and implications for practice Case examples illustrate SFBT in action with a wide range of client populations In addition the book incorporates recommendations from the recently developed and approved SFBT treatment manual published by the Solution Focused Brief Therapy Association

*Solution Focused Brief Therapy* Harvey Ratner, Evan George, Chris Iveson, 2012-07-26 Solution Focused Brief Therapy 100 Key Points and Techniques provides a concise and jargon free guide to the thinking and practice of this exciting approach which enables people to make changes in their lives quickly and effectively It covers The history and background to solution focused practice The philosophical underpinnings of the approach Techniques and practices Specific applications to work with children and adolescents including school based work families and adults How to deal with difficult situations Organisational applications including supervision coaching and leadership Frequently asked questions This book is an invaluable resource for all therapists and counsellors whether in training or practice It will also be essential for any professional whose job it is to help people make changes in their lives and will therefore be of interest to social workers probation officers psychiatric staff doctors and teachers as well as those working in organisations as coaches and managers

**Handbook of Solution-Focused Brief Therapy** Thorana S Nelson, Frank N Thomas, 2012-03-22 An invaluable guide to the history descriptions of practice strategies and applications of SFBT The Handbook of Solution

Focused Brief Therapy is a unique comprehensive guide that assists clinicians regardless of experience level in learning and applying the concepts of Solution Focused Brief Therapy SFBT to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail which focuses on encouraging clients to look at exceptions times when the problem could have occurred and did not and goals and future possibilities. A history of the practice model and its interventions is discussed along with limitations, descriptions of practice strategies, applications to specific client populations and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SFBT model. The Handbook of Solution Focused Brief Therapy first lays a foundation of knowledge providing chapters on the crucial assumptions and practices, history and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few outside therapy room applications. Other chapters focus on the important issues in therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution Focused Brief Therapy include assumptions within the SFBT tradition, history of the SFBT approach, epistemology, SFBT with couples, depression, domestic violence, offenders, public schools, children and young people, SFBT in faith based communities, assessing and relieving burnout in mental health practice, SFBT beyond the therapy room, supervision of training, possible limitations, misunderstandings and misuses of SFBT, a tribute to the late Steven de Shazer co-founder of the SFBT approach. The Handbook of Solution Focused Brief Therapy is an invaluable reference for all types of therapists including psychologists, counselors, social workers, and family therapists at any level of experience including students, trainees, and experienced therapists.

### **Education and Training in Solution-Focused Brief Therapy**

Thorana S. Nelson, 2005. Solution focused brief therapy SFBT is the practice that works by changing concentration from problem behaviour to solution behaviour ideally within just a few sessions. This book includes helpful tables, questionnaires, case studies, each chapter is extensively referenced.

**Solutioning.** Willyn Webb, 2013-08-21. Are you tired of having to compromise your philosophy of counseling to fit the world of managed care? Are you trying to save time while creating a hopeful atmosphere for your clients? Are you looking for more effective ways to encourage responsibility, raise self-esteem and develop life long abilities in your clients? This book offers a new strategy for any helping professional who answered yes to the above questions. Based on Solution Focused Brief Therapy, the 4 P Solutioning process provides therapists with key methods to end blaming, encourage responsibility and empower clients to find and use solutions. Solutioning is not an all encompassing theory that requires a radical change in philosophy but a language that promotes growth, change and flexibility. It encourages the practitioner to blend tried and true techniques with the solutioning attitude and supplementary interventions allowing the efficiency necessary for managed care survival. This book provides therapists with The language of the 4 Ps taught using easily accessible practice sheets, skill highlights which focus on pre-existing skills that can be given a solutioning slant.

solutioning applications that illustrate how particular interventions apply to common mental health issues intakes treatment plans progress notes and many other usable tools along with specific adaptations for family couple and play therapy a complete solutioning group program and the curriculum for teaching the 4 P process with lessons and handouts [Solution Focused Therapy for the Helping Professions](#) Barry Winbolt,2011-06-15 This accessible guide to Solution Focused Brief Therapy SFBT an effective therapeutic approach which focuses on strengths and achievements provides a practical introduction to what SFBT is and how to use it with clients Barry Winbolt leads the reader through the principles techniques and steps involved in the approach *Solution-Focused Brief Therapy* Cynthia Franklin,2012 Therapy is frequently miscast as requiring an enormous amount of time and financial commitment but helpful goal oriented therapy can produce positive results after only a few sessions By focusing on solutions instead of problems SFBT asks clients to set concrete goals and to draw upon strengths in their lives that can help bring about the desired change for a preferred future *Handbook of Solution-Focused Therapy* Bill O'Connell,Stephen Palmer,2003-08-20 On a scale of 0 10 I would give the Handbook of Solution Focused Therapy a nine it met my best hopes in terms of an insight into the theory and mechanics of SFT and gave me ideas for extending my current use of the therapy I found it engaging readable and well presented with useful reference lists within each chapter to guide further reading Solution News This collection of fifteen chapters each written by a different specialist in the SFT field is a valuable contribution to the Solution Focused therapist s bookshelf A must read for any informed SF therapy practitioner Mark McKergow The Solutions Focus This book has 14 chapters on diverse applications of Solution Focus between introductory and closing chapters by Bill O Connell The book relates to work being done in the UK and in Ireland excepting Alasdair MacDonald s piece on research in SFT which is an up to date and welcome review of research findings world wide All the chapters are succinct and they convey a clear impression of the lightness and excitement of this approach for service users and therapists alike The book is a good read for any therapist professional helper or service manager Robert Cumming Nurturing Potential Solution Focused therapy is an increasingly popular approach used by practitioners in a wide range of contexts and settings Illustrating the breadth and depth of contemporary practice the Handbook of Solution Focused Therapy brings together contributions from leading practitioners in fields such as social work education and health care to show how solution focused techniques can be effective in many different situations Beginning with an introduction to the origins and theory of the approach the book examines different areas of practice explaining how and why the solution focused approach is applicable and highlighting the issues specific to each context Each chapter features a case example which demonstrates the practical advantages and difficulties involved in using the solution focused approach The Handbook of Solution Focused Therapy is an ideal text for training courses in solution focused therapy and a source of new ideas for practitioners trained in other approaches who want to integrate solution focused techniques with their existing practice Bill O Connell is a Senior Lecturer in Counselling at University of Birmingham and author of

Solution Focused Therapy SAGE 1998 and Solution Focused Stress Counselling Continuum 2001 Professor Stephen Palmer is Director of the Centre for Stress Management and the Centre for Coaching London He has written and edited over 25 books

*Handbook of Solution-Focused Brief Therapy* Scott D. Miller, Mark Hubble, Barry L. Duncan, 1996-05-31 This state of the art resource a compilation of works from the nation s leading practitioners offers mental health practitioners the tools for applying solution focused brief therapy SFBT techniques [Solution-Focused Therapy with Children and Adolescents](#) Elizabeth R. Taylor, 2019-03-20 Solution Focused Therapy with Children and Adolescents offers mental health professionals an integration of creative and playful approaches and solution focused therapy The author presents developmentally appropriate and expressive alternatives to oral communication including sandtray writing puppetry drawing and coloring photography and music The text presents an overview of strength based and creative approaches with a focused examination of the philosophy and process of solution focused therapy then divides chapters into specific stages of therapy beginnings searching for treasure setting goals and ending the session with creative techniques offered in each section The final chapter addresses working with children and adolescents in solution focused groups including how to set up groups and progress through different group stages presenting specific techniques and activities focused on each stage of the group process

*Solution Focused Practice Around the World* Kirsten Dierolf, Debbie Hogan, Svea van der Hoorn, Sukanya Wignaraja, 2020-05-10 Solution Focused Practice Around the World provides an exploration of the diverse uses of SF and offers fascinating insights into how the Solution Focused approach is currently used in many applications around the globe Bringing together prominent authors practitioners and trainers the collection is divided into five sections theory therapeutic applications working with children and adolescents coaching and working with organisations Originating from the first international conference on Solution Focused practice spanning all applications of the approach the chapters provide a grounding in the theory and practice and an exploration of the breadth and depth of Solution Focused therapy All practitioners of the Solution Focused approach globally as well as those working in the wider fields of therapy social work education coaching and human resources will benefit from this text and the applicability of the inherent theories to their area of expertise **Solution-Focused Therapy** Bill O'Connell, 2012-10-03 Struggling with the intricacies of Solution Focused theory skills or practice Wanting to learn more about providing brief practically based solution focused interventions across many therapeutic settings As part of the popular Brief Therapies Series this long awaited third edition will tell you all you need to know about Solution Focused Therapy SFT and more This popular introduction takes you step by step through the counselling process providing insight into how to structure and manage your therapeutic work in ways that are grounded in Solution Focused principles This book includes a detailed introduction to the theory and practice of brief therapy a discussion of the foundations of SFT exercises to use with clients and or trainees brand new case examples relating theory directly to practice an insightful reflection on the journey of the practitioner From leading Solution Focused expert Bill O Connell this

book will not only provide practical guidelines and theoretical background for the beginner but support and inspiration for the more experienced Bill O Connell is Director of Training for Focus on Solutions Limited in Birmingham He was previously Head of the Counselling Department at Westhill College of Higher Education Birmingham and is co editor of Handbook of Solution Focused Therapy SAGE 2003 *Solution-Focused Therapy* Alasdair J. Macdonald,2007 This well structured book should prove a leading text in the solution focused therapy SFT world and will serve as an excellent overview of SFT on those training courses integratively oriented towards the immediate needs of many services and their clients This book will please both SFT aficionados and those like me who are sceptical but open to some persuasion The author has done a superb job of representing SFT in an up to date rigorous and accessible way and has incidentally shown what a concise text on any core theoretical model should look like Colin Feltham Therapy Today Packed full of ideas and exercises for trainers and therapists An essential read for professionals wishing to develop their solution focused practice Alasdair communicates the wisdom accumulated over years as a practitioner researcher and enthusiast for the solution focused approach Bill O Connell Director of Training with Focus on Solutions Limited Birmingham Alasdair MacDonald has produced a landmark in the development of solution focused approaches He brings together the history research and evidence for SF practice with many practical strategies for contexts from severe mental health cases to workplace conflict The book is packed with concise insights connections and thought provoking questions presented with great authority and clarity Mark McKergow PhD MBA author of The Solutions Focus The SIMPLE Way to Positive Change and co founder of SolWorld Alasdair s book is a welcome addition to the literature in the field of Solution Focused Brief Therapy His wealth of experience in this approach to therapy is effectively communicated through simple explanations of solution focused skills and useful examples of therapist client interactions that illustrate implementation The book contributes and builds upon the existing literature The chapter regarding ethical considerations is unique for a book outlining this therapeutic approach and the chapter exploring the status of SFBT research is contemporary and comprehensive Alasdair s book will be a useful resource for those students training in the SFBT approach Fred Ruddick Senior Lecturer Mental Health Studies RMN RGN Advanced Dip Counselling MA Counselling This book by Alasdair Macdonald provides an interesting and useful introduction to solution focused brief therapy from the perspective of a well respected consultant psychiatrist The chapters on research and the history of brief therapy will be valued by experienced solution focused practitioners and provides an excellent picture of the current place of solution focused brief therapy in contemporary mental health practice Rayya Ghul co author of Creating Positive Futures Solution Focused Recovery from Mental Distress Alasdair has made a particular and important contribution to the world of solution focused brief therapy through his long standing interest in research This interest and his background in adult mental health work are both reflected in this book thereby setting it apart from other introductions to the approach At a time when resources are tight and professionals under pressure this book highlights the particular relevance and flexibility of the

solution focused approach which can be drawn upon usefully by clinicians and managers alike Evan George BRIEF London Solution focused therapy is a relatively new but strongly supported and growing approach Solution Focused Therapy Theory Research Practice contains an overview of current research in the area and an account of the use of solution focused approaches in various relevant therapeutic situations As well as outlining the model and basic principles the text also summarises the evidence base for solution focused therapy discusses ethical issues and includes a series of chapters on applications of the approach with illustrative case studies A specific feature of this book is its use with acute and long term mental illness and the application of the method to a variety of situations in management and in resolving disagreements A helpful resource for experienced practitioners Solution Focused Therapy Theory Research Practice also contains instructional material and guidance and is thus an accessible and valuable text for trainees Dr Alasdair J Macdonald has been a Consultant Psychiatrist in the NHS since 1980 and currently holds an honorary contract with North Dorset Primary Care Trust He is the Research Coordinator and former President and Secretary of the European Brief Therapy Association and is currently a psychotherapist and supervisor in private practice in Dorset

**Learning Solution-Focused Therapy** Anne Bodmer Lutz, 2013-11-06 Learning Solution Focused Therapy An Illustrated Guide bridges the gap between the traditional medical model of problem focused assessment and treatment and the newer increasingly popular strength based treatment approach The author's objective is to provide another therapeutic dimension thus enhancing problem focused treatment and supporting competency in this strength based modality Psychiatrists pediatricians family practitioners nurses and other mental health providers will appreciate the how to focus of the text its compelling case based approach to learning and its informal conversational writing style The book's structure and features are designed to facilitate learning The book begins with an overview of the core tenets of solution focused therapy starting with solution focused case review and examining both solution focused core assumptions and core questions This helps the reader understand the foundation of this modality and put it into context A primary objective is building the skills necessary to effective solution based therapy and the book includes instruction on conducting a solution focused interview establishing a framework of strengths and resources developing a yes set negotiating goals amplifying ambivalence and dealing with crisis Solution focused techniques are integrated within supervision and consultation an approach that clinicians who work with students and residents and supervisors who work within agencies will find immensely useful Solution focused psychopharmacotherapy and addiction therapy merit complete chapters providing information that clinicians will find invaluable when applying solution focused techniques in these situations The case illustrations vividly render the dialogue of patient and therapist and are accompanied by detailed explanations and commentary in italics to help the reader learn how to practice this model of treatment Companion videos available online present commonly used techniques that illustrate key features of solution focused therapy in a compelling and enlightening way Learning Solution Focused Therapy An Illustrated Guide provides learning exercises

and case illustrations that will help the reader implement practical strategies immediately with patients students supervisees and trainees Practical engaging and evidence based this book will enhance the clinician s ability to connect with and help the patient in a positive way ,

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