

SOLUTION-FOCUSED (BRIEF) THERAPY

Solution-Focused Brief Therapy (SFBT), also called Solution-Focused Therapy, Solution-Building Practice therapy was developed by Steve de Shazer (1940-2005), and Insoo Kim Berg (1934-2007) and their colleagues beginning in the late 1970's in Milwaukee, Wisconsin. As the name suggests, SFBT is future-focused, goal-directed, and focuses on solutions, rather than on the problems that brought clients to seek therapy.

Source: Institute of Solution Focused Therapy <http://www.solutionfocused.net/what-is-solution-focused-therapy/>

Resource Links:

- 1) Solution Focused Questions
http://www.focusonsolutions.co.uk/resources/really_usefull_solution_focused_questions.pdf
- 2) Solution-Focused Practice Tool Kit for working with Children and Young People
<https://www.nspcc.org.uk/globalassets/documents/publications/solution-focused-practice-toolkit.pdf>
- 3) Solution Focused Therapy Treatment Manual for Working with Individuals (PDF)
www.sfbta.org/PDFs/researchDownloads/fileDownloader.asp?fname=SFBT_Revised_Treatment_Manual_2013.pdf