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A practical guide to becoming solution-focused and construction solutions in brief therapy. At the core of the book is a sequence of skill-building chapters that cover all aspects of construction solutions. Each chapter explains and demonstrates a particular skill with discussion and exercises.

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Solution-focused brief therapy (SFBT) places focus on a person's present and future circumstances and goals rather than past experiences. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are typically not targeted.

Solution-Focused Brief Therapy Overview, Solution-Focused ...

The word "brief" in solution-focused brief therapy is key. The goal of SFBT is to find and implement a solution to the problem or problems as soon as possible to minimize time spent in therapy and, more importantly, time spent struggling or suffering (Antin, 2016).

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Solution Focused Brief Therapy (SFBT) is a therapeutic approach which is effective and brief. By focusing on the future - rather than dwelling on the past - and identifying for the strengths and resources of the client, SFBT aims to build solutions rather than solve problems.

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Solution-focused (brief) therapy (SFBT) is a goal-directed collaborative approach to psychotherapeutic change that is conducted through direct observation of clients' responses to a series of precisely constructed questions.

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