

Solution-focused therapy paper

Psychology



**ASSIGN
BUSTER**

Solution-Focused Therapy Solution-Focused Therapy Solution-Focused Therapy and Narrative Therapy Solution-focused therapy and narrative therapy entails a goal-directed collaborative methodology to psychotherapeutic change, which is usually conducted through observation of the patients' responses and a series of constructed questions. Solution-focused therapy mostly focuses on addressing what patients want to achieve and is usually done by exploring the history and origin of the problems (Mokmeli, 2013). On the other hand, narrative therapy is the kind of approach, which seeks to collaborate with a patient through interactive conversations. In most cases, it separates the problems from a person through an approach that is externalizing. Not only do these sessions focus on the present, they also focus on the future and the past to the degree that is necessary for communicating empathy (Petersen, 2005). In simple terms, they provide an accurate understanding of patient's concerns. Some of the approaches in solution-focused and narrative therapy techniques include strength-based approach, scaling questions, the miracle question, and basic tenets.

Therapist Role

In as much as the role of the therapist is to see the patient more often, his role in each approach is quite different given the stages of the therapy. However, his main role in both solution-focused and narrative therapy is to look for resources, which will help the patients in identifying goals or preferred futures. Additionally, the therapist has the responsibility of identifying and amplifying existing strengths and resources (Watts & Pietrzak, 2000). On the contrary, he is tasked with the responsibility of identifying and making use of exceptions to rule relating to the problems.

<https://assignbuster.com/solution-focused-therapy-paper/>

In Strength-based approach, the therapist main role is to help the patient focus on what he wants to achieve at the end of the therapy rather than the problems, which made him, seek the help. In most cases, he encourages the client to focus on establishing their own solutions and pathways in order to reach their goals. In basic tenets technique, the therapist mainly focuses on solution building approaches. In most cases, he encourages the client to be positive and replaces the focus from the patient's problems to the patient's strengths. The miracle question approach/technique usually comes at the end of the therapy session. In this stage, the therapist's role is to establish some of the changes that took place after the session.

Similarities and Differences of the Therapist Roles in the Approaches

It is quite evident that the therapist's role in all the approaches is to empathize with some of the struggles of their clients. They have the responsibility of guiding their patients to see what works better for them and to continue with some of the practices that work effectively for them. In simple terms, the therapist plays a similar role in all the therapy approaches by empathizing encouraging and guiding the clients in experimenting new approaches to problems. However, his roles differ depending on the therapy phase (Bezanson, 2004). In most cases, the approach to the problem is different to the conclusion phase. There is the empathy aspect during the beginning of the session and conversely, there is the feedback aspect in which he always enquire from the patient during the miracle question technique.

References

- Bezanson, B. J. (2004). The application of solution-focused work in employment counseling. *Journal of Employment Counseling, 41*(4), 183-191.
- Mokmeli, Z., Neshat-Doost, H., Asgari, K., & Abedi, M. R. (2013). Development of a novel integrative psychological treatment for obsessive compulsive disorder: combination of narrative therapy, solution-focused therapy, acceptance and commitment therapy and cognitive behavioral therapy with exposure and response prevention. *Interdisciplinary Journal of Contemporary Research in Business, 4*(9), 1322-1338.
- Petersen, S., Bull, C., Propst, O., Dettinger, S., & Detwiler, L. (2005). Narrative therapy to prevent illness-related stress disorder. *Journal of Counseling and Development : JCD, 83*(1), 41-47.
- Watts, R. E., & Pietrzak, D. (2000). Adlerian "encouragement" and the therapeutic process of solution-focused brief therapy. *Journal of Counseling and Development: JCD, 78*(4), 442-447.