

Informative essay on compare and contrast

[Psychology](#), [Psychotherapy](#)



Annotated list of resources: * Berg, Insoo Kim, “ What is Solution Focused Brief Therapy” <http://www.sfbta.org/Explanations> from the developer of the concept * Cherry, Kendra, “ What is PositivePsychology” <http://psychology.about.com> History of Positive Psychology uses and guidelines * Trepper, Terry S. “ Solution Focused Therapy Treatment Manual “ <http://www.solutionfocused.net/treatmentmanual.html> Treatment Manual Compare and Contrast The key focus of positive psychology is, “ to make normal life more fulfilling” rather than just treating a mental illness (Scott 2012, 1).

Positive Psychologist does not deny things cannot go wrong but how things go well by taking on a more positive approach. Positive Psychologist break down the topics into four categories’: “(1) positive experiences, (2) enduring psychological traits, (3) positive relationships, and (4) positive institutions” (Peterson 2009, 2). With these four topics in mind researchers try to analyze into these states of pleasure, values, strengths, virtues, talents, and how these are useful to see a more positive spin on a persons life. Solution-Focused Therapy gives counselor’s the best question to ask, “ What maintains the problem” (Kollar 2011, 41).

Sometimes an individual is stuck in the past by earlier perceptions. If we self-label we are basically stuck in the past unable to go forward. Solution-Focused therapy creates just that “ solutions. ” Using a biblical solution, “(1) God has given us the ability to create solutions, (2) The solutions can be described and clarified, (3) more than one outcome to counseling can be created, (4) the counselor and the counselee can do the creating and clarifying together, (5) we create solutions as a joint effort with God’s preparation; and (6) this process can be taught” (Kollar 2011, 41).

By using this method you create three things deliberately, “ you find out what the need is, seek out what God has already placed and what works, and making changes with new ideas where old ones have failed” (Kollar 2011, 42). A big part of Solution-Focused therapy and Positive Psychology is to help a client feel better about the problem and through scripture seek answers toward peace and solutions. Solution-focused therapy “ encourages positive change,” as does positive psychology (Kollar 2011, 48). A strength that I see in Positive Psychology is not only how it can help individuals but also organizations to see their strengths, and how to use them to maintain their respective levels of well-being. On the negative side of Positive Psychology a person asking him or her consistently am I happy can have a negative effect if he or she have no context to associate it with. Rationale Solution-Focused Brief Therapy (SFBT) focuses on the preferred outcome of counseling as a solution rather than focusing on the symptoms or issues that brought someone to counseling.

This counseling only gives attention to the present and the future desires of the counselee, rather than focusing on the experiences. The counselor encourages the counselee to imagine his or her future as he or she want it to be and the counselor and counselee work together on a series of steps to attain that goal. The ultimate goal of a counselor using Solution-Focused Brief Therapy is to be Christ centered, and biblically based in the name of the Father, Son and Holy Spirit.

Assumptions 1. Solutions are cocreated. “ As counselors our task is to cocreate with the counselee a reality in which there is an opportunity for positive change” (Kollar 2011, 86). 2. The Counselee is not the Problem; the

problem is. " It is more helpful to consider what gets in the way of finding or noticing solutions than what causes the problem" (Kollar 2011, 86). 3. The counselee is the expert and defines goals. When we acknowledge the counselee as the expert, we are recognizing that there is a resourcefulness that proceeds from their own personal history and grace events" (Kollar 2011, 85). References Kollar, Charles A. Solution-Focused Pastoral Counseling. Grand Rapids: Zondervan, 2011. Peterson, C. " Reclaiming Children and Youth. " Positive Psychology Vol. 18, Issue 2, 2009: 3-7. Scott, Elizabeth. Positive Psychology-Using Positive PSychology for stressManagement. January 02, 2012.