

Solution-focused therapy

Psychology



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The paper "Solution-Focused Therapy" is a great example of a psychology essay. The Solution Focused therapy developed by Steve de Shazer, Insoo Kim Berg, and their team in the mid-1980s is a short-term and a goal-focused therapy which helps in bringing about a change in the client by building solutions and not by concentrating on the problem. Solution-focused therapy also known as solution-focused brief therapy is a form of psychotherapy that focuses on current problems and solutions. In this form of therapy, the therapist by asking questions gets to know the client's story, his strengths, and resources. He then tries to build a solution and the client tries to envision a desired future. The therapist and the client then move towards it by bringing out some changes. It differs from traditional methods of psychotherapy where past issues and relationships are explored. This therapy is brief with the treatment usually lasting for six sessions or even less.

Benefits of Solution-Focused Brief Therapy

The benefits of solution-focused therapy are many. It helps in finding solutions to problems, such as stress, depression, or anxiety faced by a client. Since solution-focused therapy is brief, it is less expensive than other forms of therapy which have to be done over a longer period of time. As the goals are identified in the early part of the therapy the client and the therapist know when the therapy can be stopped.

Conclusion

This therapy is based on assumptions that people have the strength and the ability to solve the problems they face in life, that change is always possible, that to solve a problem the cause of the problem is not necessary and that change and resolution of a problem can be brought about quickly. According <https://assignbuster.com/solution-focused-therapy/>

to O'Hanlon & Weiner Davis (1989), Solution-focused therapy focuses on people's strength, competence, and possibilities instead of their deficits, weaknesses, and limitations. Thus this therapy looks at the problem in a positive way and in building a solution with a focus on the future as desired by the client. Again, whereas conventional psychotherapy involves a thorough examination of the past followed by analysis, diagnosis, and then treatment, solution-focused therapy is more streamlined as it believes that the solutions are usually already present in the life of the client and that the therapist must intervene only to the amount that is necessary. Considering all this one can recommend it to be used as an effective intervention for a wide range of problems.