

# Download Solution Focused Brief Therapy Questions

SFT Essentials (Solution-Focused Therapy training). SFT Essentials is a 3-day course from APT, a leading provider of Solution-Focused Therapy (SFT) training courses in the UK and Ireland. Quick summary: Solution focused is based on the idea that if you get people to start solving and to stop over analyzing the problem they will be more likely to reach a resolution in the present and they will be more likely to seek out solutions or to put the majority of there perceptual energy towards solutions in the future.