

# Download Solution Focused Brief Therapy Sfbt

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. Based upon social constructionist thinking and Wittgensteinian philosophy, SFBT focuses on addressing what clients want ...What is Solution-Focused Therapy? Solution-Focused Brief Therapy (SFBT), also called Solution-Focused Therapy, Solution-Building Practice therapy was developed by Steve de Shazer (1940-2005), and Insoo Kim Berg (1934-2007) and their colleagues beginning in the late 1970's in Milwaukee, Wisconsin. Solution-Focused Brief Therapy is now included in three national evidenced-based registries based on independent reviews of SFBT research studies. What is Solution-Focused Brief Therapy (SFBT)? Solution Focused Brief Therapy, often referred to as simply "Solution-Focused Therapy," is a type of talk therapy that focuses on what clients want to achieve through therapy rather than on analyzing the problem(s) that brought them to treatment.