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Solution focused therapy approach

In solution-focused therapy the best approach to use with 'complainants' is to. Brief solution-focused therapy a proach. Doing what works in brief therapy a strategic approaches. Solution-focused brief therapy is an example of which of the therapeutic approaches. Solution-focused therapy a multicultural approach. Solution-focused brief therapy a multicultural approach.

the social constructionist thinking and philosophy of Wittgenstein, [3] SFBT focuses on meeting the customers want alcan focusing focus on the present and future, focusing on the past only to the extent Necessary to communicate empathy and comprehension £ the exact of customer preocupações. [5] [6] SFBT à © future-oriented and geared to the objective [7] [3] interviewing tà © cnica [8], which helps customers "Solutions of construction £ o." Elliot Connie defines edifÃcio £ soluçà as "a process colaboraçà the language £ between the client (s) and the therapist who develops £ A description detailed the client (s) preferred future / and identifies targets exceA§Aµes and successes of the past. "[9] In doing so, SFBT focuses on strong and resiliAancia points of customers. [7] IntroduA§A £ general's brief therapy approach £ soluA§A the focus grew from the work of American social workers Steve de Shazer, Insoo Kim Berg and his team of Milwaukee Brief Therapy Family Center (BFTC) in Milwaukee , Wisconsin. The £ formaçà the private and therapy institute, BFTC was initiated by former staff members of a dissatisfied agência Milwaukee who were interested in exploring â â brief therapy approaches then being developed in the Research Institute mental (MRI) in Palo Alto, CA. The initial group incluÃa married partners, Steve de Shazer, Insoo Berg, Jim Derks, Elam Nunnally, Marilyn La Corte and Eve Lipchik. His students incluÃdos John Walter, Jane Peller, Michele Weiner-Davis and Yvonne Dolan. Steve de Shazer and Berg, the leading developer of approach, co-author of a £ atualizaçà the SFBT in 2007, [3] shortly before their respective deaths. SFBT evolved from the brief therapy was practiced in RM. [7] The approach soluA§A £ o-focused was developed to inductively; [7] thousands Berg, de Shazer and his team [10] hours spent watching carefully sessAµes live therapy and recorded. Any behavior or words by the therapist who led trustworthy way A mudança terapêutica positive by customers were carefully observed and incorporated into SFBT approach. In most traditional approaches psicoterapêuticas começando with Freud, practitioners assumed it was Necessary to make an extensive Analyzing the history and the cause of the problems of their clients before attempting to develop any soluçà £ o. Soluçà £ therapists the focused view radically different mudança terapêutica process. [11] Reported by Steve de Shazer Observations [12], recognizing that although "the causes of the problems can be extremely complex, their Solutions nA £ o necessarily need to be." [7] SFBT can be better defined by what makes him at £ [13] because SFBT presents an innovative and radically different approach to traditional psychotherapy. [13] [8] traditional psychotherapy looks at how problems A © influenced by mA © dico model, in which symptoms sA £ o evaluated to diagnose and treat disease. Outside the SFBT, the almost universal crença à © the clan must define and understand the problem to help. To do this, the practitioner Develop some information about the nature of the problem, a problem evaluation and plan and perform interventions to resolve or mitigate the impact of the problem. This is followed by an evaluation determining the success of the intervention and follow-up, if necessary. [15] POSITS SFBT that a therapist can help customers solve their problems without identifying the details or source problem [8] and completely avoids the exploration of the details and context of the problem. [4] SFBT believes that a problem evaluation is fully unnecessary. [16] Concentrating on the problem, in fact, it can serve to move the customer away from the solution. This is because SFBT mainly considers that the nature of the solution can be completely different from the problem. So instead the SFTB focuses on the construction of solutions, conceptualizing a favorite future with customers. SFBT is all about finding alternatives to the problem, not identifying and eliminating the problem. [4] SFBT is based on forces [9] [17] and supports customer self-determination. [11] Using the client's language, SFBT uses client perspective [11] and promotes cooperation [18]. Focus on strengths and customers' resources is a factor because some social workers choose SFBT. [19] SFBT is designed to help people change their lives as fast as possible. [8] [20] When finding and expanding exceptions, change is efficient and effective. [18] Treatment usually lasts less than six sessions, [21] and can operate in about two sessions. [22] His brevity and flexibility made SFBT choosing the intervention for many health care configurations. Interventions in a medical environment often need to be brief. [23] Agencies also choose SFBT because their efficiency translates into monetary savings. [19] History This section needs additional quotes for verification. Please help improve this article by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) (Learn how and when to remove this template message) focus-model focused brief therapy is â € - a family of approaches, known as system therapies, which were developed in the last 50 years, First in the US, and eventually evolve around the world, including Europe. The SFBT tasting, and the specific steps involved in its practice, are assigned to the husband and wife Steve of Shazer and Insay Kim Berg, two American social workers and his team in the brief family therapy center in Milwaukee, USA. The members of the neat of this staff were Eva Lipchik, Wallace Gingerich, Elam Nunnally, Alex Molnar and Michele Weiner-Davis. His work at the 80's buildings on various other innovators, among them Milton Erickson, and the group at the Institute of Mental Research in Palo Alto [24] - Gregory Batson, Donald Developa Jackson, Paul Watzlawick, John Watzlawick John Watzlawick, Virginia Satir, Jay Haley, Richard Fisch, Janet Bavin Bavin Bavin Bavin Bavin and others. [Quite Quoting] At DÃ © 1970, Steve de Shazer, Insalty Kim Berg, and colleagues made brief family therapy in a Community agency and installed one-way mirrors to observe sessions with clients Studying what activities were more beneath for customers. When the administration did not allow the only mirrors, Steve of Shazer, Insalting Kim Berg gathered a team of practitioners and students and founded the brief family therapy center in Milwaukee, Wisconsin, to continue his work. The result was the possible development of SFBT. [14] In 1982 there was the hydrographic time where the founders of SFBT, Insaminando Kim Berg, Steve of Shazer, and his team transformed his brief plaiting therapy to become focused on the solution. A family came to be treated on the family therapy of Milwaukee. During evaluation, the family provided a list of 27 problems. The staff was lost as to what to suggest than the family do differently. They suggested that the family returned with a list of things they want to continue going on. The efficacy of this spontaneous intervention led to the That the solution is not necessarily related to the problem. This was the beginning of brief Solution-Focused Therapy. [14] Protect SFBT began to be popularized beginning at the end of 1980 [8] and a huge growth experienced in its first 15-20 years. [19] [21] SFBT gained enormous popularity in the UK in the late 1990s and 2000. [25] At that time, he also spread throughout the world to be brief therapy, [3] with many agencies that adopt SFBT as their only mode. [19] It is now one of the most popular psychotherwater modalities globally. [26] [7] The Christian Pastoral Counseling Field has also seen Solution Focused Brief Therapy to make releases their practices where it is referred to as a solution focused Pastoral counseling [27] or advice brief pastoral. [28] Practitioners SFBT Protect SFBT Using conversation skills to evoke a discussion on the solutions, also known as "Talk Solution", [29], which is Very different from "talk problem". [4] In SFBT, the precious questions are the intervention. [30] The questions focus on the customer to a conversation that creates and promotes a mentality of change inducement [31] [30] and decrease negative feelings. [30] SFBT clients questions help think about their situation in a way focused on solution. They attribute a new meaning to their experiences, realizing the change potential where they could have not realized before. [29] Questions and advisers of deliberately refrain from making interpretations [3] and rarely face their customers. Instead, they [3] focus on the customer's goals identification, generating a detailed description of what life is when the goal is reached and that the problem is or was or dealt satisfactoryly. In order to develop effective solutions, they diligently through customer life experiences for "exceptions", for example, moments when some aspect of the client's goal was already happening to a certain point, using for exceptionally adequate and effective co-construction solutions. [2] SF therapists usually begin the therapeutic process by joining with client competencies. As in the beginning of the interview as respectfully as possible, [1] SF therapist / counselors invite the client to imagine his favorite future by describing what his life will be like when the problem is or was being dealt with so satisfactory that there is no problem. The therapist and client then provide particular attention to any customer behaviors that contribute to moving toward the client's goal, whether small increments or major changes. To support this approach, detailed questions are questioned about how the customer has achieved or maintaining the current level of progress, no recent positive changes and how the customer has developed new and existing forces, resources and positive features; [1] [3] And especially on any exceptions for perceived-customer problems. [It lacks supplies] Solution Focused Therapists believe personal change is already constant. [32]
By helping people identify positive directions for change in their life and to meet changes currently in process they want to continue, SFBT therapists support customers build a concrete vision of a future preferred for you. [3] SFBT therapists support customers to identify moments in their life when things accompanied more closely with the future they prefer. The differences and similarities between the two occasions are examined. By bringing small successful choices and behaviors, when the problem is not there or less serious, therapist facilitating customer movement towards targets and the preferential future they have identified. [It lacks One way to understand SFBT's practice is displayed through acronym Mecstat, which is for miracle questions, exception question problem is solved or managed. [7] For example, "What would you notice that allows you to know that the problem that brought you to see me is solved?" SFBT postulates that change happens when people concentrate and make the details of their favorite future. [8] A SFBT practitioners tool to help customer describe their favorite future is the "Miracle Question". This issue makes the customer imagine that the problem was miraculously resolved without his knowledge. Then question: "What would be some of the first clues that would allow your problem to be solved?". [14] The therapist also asks questions that focus on looking at previous soluations or "exceptions" to the problem. [7] In SFBT, "excelections" in SFBT are the times that the problem is less or is dealt with better [7] and SFBT believes that every problem has exceptions to the problem, they explore what is already working and guide the customer to do more than it is already working. [11] [35] [7] When looking for exceptions, the practitioner does not try to convince the client that exceptions are significant. This would go against SFBT's posture that you see customers as the specialist of your life. Instead, the therapist maintains a genuine and curious posture and asks the client to tell how they interpret the meaning of exception. [36] The therapist must maintain a non-known position [37], which can be a challenge for emerging SFBT professionals use to help find exceptions to ask beginning sessions (in addition to the first) with the question "What has been better since the last time we talk?" This issue refers to the perspective of customers to look for exceptions, this is, the areas that are better. [39] Other tool practitioners use "Scale issues". A scale is used to measure where the customer rates to achieve their goal. [7] They are then asked what they notice is to work that makes them classified as they and do not diminish. They are also invited about the times in which the problem is minor. [14] So, "how are you doing this?" or "How did you do that?" Exceptions can also take on how to handle, so a SFBT practitioner can ask for "questions to deal" to find exceptions. For example, "it seems that a lot is happening ... how are you managing?". When a customer identifies behaviors that work for them, they are encouraged to continue these behaviors. [4] With SFBT, the session is very structured. There is a particular way to conduct a session, and there are a formulated interview conicts. [3] However, practitioners report that fidelity at philosophy is more important than fidelity are technical. An SFBT practitioner has to carry several assumptions to lead to the session to actually engage and effectively in the authentic SFBT. [37] [7] The therapist is only the specialist in the questions that will evoke the change process. [37] SFBT assumes that customers have everything they need to build a solution; They do not need the therapist for teaching them what to do. [34] [4] With the authentic resistance to the SFTB practitioning is rare or non-existent. [41] [34] Curiosity posture and do not know is essential for SFBT. [42] [37] SFBT is radically simple [13] and it seems easy to do, but in fact SFBT is very difficult to learn. [7] SFBT requires a practition disciplined. [3] Because of this, many professionals end up using SFBT components and do not practice pure SFBT. This is usually done because it can be challenging for a practitioner to change a focused focused problem On the coin side, many new Sftt trainees struggle with being overly optimistic and not truly validating customers' pain. [40] This can be because the needed focus to apply your self-learning SFBT requires that the therapist is very attuned to the verbal and non-verbal communication of customer's perspective. [38] SFBT questions the questions to meet and better understand the customer's perspective. honored can be challenged and removed. (AUGUST 2020) (Learn how and when to remove this template message) Miracle or "problem if it was" is a method of questioning that a coach, therapist or counselor can use to invite the customer to imagine And describing in detail how the future will be different when the problem is no more present. [Citation I needed] a traditional version of the miracle question would like this: [Query quotation] "I'll ask you a very strange question to do the rest today, how to take care of children, cook dinner, watching TV, giving Children a bath, and so on. It will be time to go to bed. Everyone in your house is quiet, and you're sleeping in peace. In the middle of the night, a miracle happens while you're sleeping you can not know there was a miracle at night that solved the problem. [Pause] So when you wake up tomorrow morning, what can be the little change that will make you tell yourself: 'Wow, something must have happened - the miracle issue requires considerable skill to ask well. The question must be asked slowly with great attention to the person's not verbal communication to ensure that the pace corresponds to the person's ability to follow the question. Initial answers frequently include a sense of "I do not know." To ask the question needed] Once the miracle day has been completely explored, the worker can follow this with scales, on a scale where 0 = worst things were already and 10 = the day of the miracle, with Questions like: Where are you now? Where things need to be for you to know that you did not have to see me anymore? What are the first things that will let you know you 1 highest point? In this way, the miracle issue is not much a matter as a sést of questions. [Citation needed] There are many different versions of the Miracle question, depending on context and customer. [Citation needed] In a specific situation, the counselor may ask, [quotion needed] "If you woke up tomorrow, and a miracle happened so that you do not o Have more easily temperature, what would you see different? " "What the first signs would be that the miracle occurred?" The client, in this example, (a child) can respond by saying, [citance needed] "I would not be upset when someone calls me names." The counselor wants the client to develop positive goals, or what they will do - instead of what will not do, to better guarantee success. So the counselor may ask the customer: "What will you do when someone calls the names?" [Question needed] Climbing Questions This section by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) How and when to remove this template message) staggered questions invite customers to employ measurement and tracking Proper experience, not threatening. Scaling and measurement are soils to identify differences to customers to employ measurement are soils to identify differences to customers. Objectives and progress towards goals are often facilitated by subjective measurement and sizing. [Question required] SFBT is famous for inviting clients to be very specific about such subjective and sizing measurement; For example, asking questions that invite customers to establish their own polarity; And then, ask your progress - forward and back - for the most desirable post. SFTB will innovate the language to make this invitation to rigor more internal sound sound for customers: what is "worst than the problem was already?" (zero or one). What is "the best things can be possibly?" (ten). The customer is asked to evaluate his current position in his own scale. Questions are used to cause useful behavioral details to measure, resources and support (for example, what to prevent from slipping a point below the scale? "). Customers are then invited to calibrate their own Progress precisely (for example, "on a day when you are a highest point on the scale, what tells you that this is one day" a highest point "?"). Similarly, favorite futures can be discussed at the light of the client's own scale (for example, "where on the scale would be good enough? What one day at this point on the scale would seem; what would you do differently?")] Exception search questions This section by adding citations to trusted source. Please help improve this template message) SFBT tenderers insist that there are always times when the identified problem is less severe RO or absent for customers. The counselor seeks to encourage the client to identify these occurrences and maximize their frequency. What happened was different? What did you do that was different? The goal is that customers repeat what worked in the past and supporting the confidence in taking more and more "baby steps" for their ideal scenes. This concept and practitioning was influenced by Milton Erickson. [Question by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) (Learn how and when to remove this template message) The coping questions are designed to get information about the customer's resources that will have passed unnoticed by them. Even the most hopeless story has within examples of dealing that can be withdrawn: "I can see how things have been really difficult for you, but I am impressed that you get up every morning If you do everything you
need to get the kids to school. How do you do this? "Genuan curiosity and admiration can help highlight strengths without appearing to contradict the perception of the problem. An initial summary "I can see how things are really difficult for you" is true for them and validate your story. The second part "you can get up every morning, etc.", also is a truñus, but that counted the narrative focused on the problem. [Citation I needed] Conversation without problems this section needs additional quotes for verification. Please help improve this article by adding quotes to trusted sources. Material has not honored can be challenged and removed. (2020 August) (Learn how and when to remove this template message) Therapists focused on solution try to create a free zone of trial to customers where what is going well, which livelihoods are trouble-free discussed. The conversation without problems can be useful to discover hidden resources, to help the person relax or become more naturally practical, for example. Therapists focused on solving can talk about seemingly irrelevant life experiences, such as leisure activities, Relaxing and conflict management. This often discovers customer values, crenchs and strengths. From this discussion, the therapy forward. For example; If a customer wants to be more assertive may be that in certain situations of life they are assertive. This force of a part of your life can then be transferred-widespread to another area in which a new behavior is desired. Maybe a customer is struggling with his son because the child gets aggressive and calls the names of his life where they keep calm even under pressure; Or maybe they have trained a successful dog, which now behaves and can identify how kindness, patience and consistency were keys to induce the good behavior of the dog. This could lead to discussion of the use of goodness, patience and consistency were keys to induce the good behavior of the dog. This could lead to discussion of the use of goodness, patience and consistency were keys to induce the good behavior of the dog. This could lead to discussion of the use of goodness, patience and consistency to create healthy limits â € - Child can cooperate with. Dan Jones, in its becoming a brief book therapist writes: '... is in the free problem logs you are most features find to help the customer. He also relaxes them and helps build relationships, and can give you ideas to use for treatment ... everyone has natural resources is that it gets you something to work with what you can use to help the customer achieving your goal ... Even negative beliefs and opinions can be used as resources. [43] Evidence-based state This section needs additional quotations for verification. Please help improve this article by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) (Learn how and when to remove this template message) in the first days of the model, the chromicts often that SFBT has enough research. [19] In 2000, a SFBT survey review only showed preliminary evidence of SFBT's efficacy. [21] However, in 2010 SFBT to be effective with internalizing questions. [45] [46] [17] [47] [48] [49] SFBT has a robust, wide and growing evidence base and is recommended for use when considered a good fit for the customer and your problem. [50] SFBT was examined in two meta-analysis and is supported as evidenced by various federal and state agency and institutions such as the Samhsa National Registration of Programs and Practices based on evidence (NRepp). [51]. To summarize: there were 2 meta-analysis (Kim, 2008; [49] Stams, et al, 2006 [52]), 2 systems system Ticas. [Need fonts?] There is a set of combined efficacy data of more than 2,800 cases. [Carece de fonts?] The investigation was made in "real world" configurations ("efficacy" versus "Efficacy" versus "Efficacy" studies), so that the results are more generalizable . SFBT is equally effective for all classes. [Citation required] Effect of sizes are in the range of low to moderate, the same as are found in meta-analysis of other practices based on evidence, such as psychological problems, with effect sizes similar to that of other evidenced-base approaches, such as TCC and IPT, but that these effects are found in less medical sessions, and using a style Approach of SFBT does not involve confrontation or interpretation, does not even require the acceptance of the underlying Like most other models of psychotherapy. Given its equivalent first choice psychotherapy approach evidenced at the base for most psychological, behavioral and relational problems. [53] SFBT applications SFBT is very adaptable to many configurations [29] because it helps customer is always considered to Be the specialist. [20] Even the practitioner's tongue is taken from the words that the customer uses to describe his favorite life and the customer uses t future. [54] The result is that SFBT provides interventions that are perfectly compatible with the mode of understanding and acting from customers. [11] Techniques as the miracle question can be adapted to make them more culturally relevant and we come across more empty and support forms based on the culture and needs of the population that is Being served. [55] [56] It is not surprisingly that SFBT can be and has been used in a wide variety of configurations, populations and problems [7]. a SFBT works well with adolescents, [57] [58] women and childbirth, [59] [60] couples, [61] [62] [63] [64] and fathers. [65] SFBT was effective for families in the Child Welfare System, [50] with case management in social welfare programs, [66] financial counseling, [67] and with therapy groups. [68] SFBT was applied to many environments, including educational and business environments. [3] It is effective in schools [69] [70] [71] and with university students. [72] [73] was successfully used with populations in prisons, [74] hospitalization centers Vício rehabilitation, [75] hospitalization psychiatric installations, [76] and in a wide range of METHODS. [23] It has been useful with the treatment of family members of patients with serious diseases. [78] [78] [78] SFBT is effective with people in many countries and cultures, including people from Turkey, [73] Chile, [80] Iran, [81] [82] and China. [17] A systematic revision proved to be effective with Latinos. [83] SFBT works in the treatment of people who have suffered trauma. [84] [85] [85] [31] [86] has been suggested for use with patients who are suicidal or in crisis, [87] [88] confronting families with suicide, [18] and patients with Food disorders [89] Disorders by substance use, [83] [90] [91] and obesity. [92] It was also suggested as a promising intervention for individuals with a brain injury [93] and was useful with people with intellectual deficiencies. [25] has yet been documented to have been successfully used with patient in a psychotic crisis. [16] has been demonstrated to help increase self-esteem, [94] hoping, [95] and good behavior among adolescents [96] and children [97]. Workers with child protection services Report in a qualitative study that SFBT training and supervision was useful for them to work more cooperative and based on forçae and improved the general mood and atmosphere of their Dating. [98] There are models designed for child protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11]
Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used for protection services that aspects incorporate from SFBT [11] Because SFBT by themselves can not be used from SFBT [11] Because SFBT by themselves can not be used from SFBT [11] Because SFBT by themselves can not be used from SFBT [11] Because SFBT by themselves can not be used from SFBT [11] Because SFBT by themselves can not be used from SFBT [11] Because SFBT by the second from SFBT [11] Because SFBT by the second from SFBT [11] Because SFBT by the seco this section by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) (Learn how and when to remove this template message) Example Focused solution Training prompts include: What are reasons for optimism? 0 10, what would be different in one on your scale? What do people notice at +1? When your perfect future happens, even a little? How do you make it happen? What do you work that the problems was gone at night: how do you know? What do you realize was different? Describe concrete concrete observable "From different points of view: boss, colleagues, friends, computer? What else? What will be the first signs you are improving? How would your family, your partner, your friends and strangers warn it is different about you? What will be the difference. Since its last recovery with me? Counseling for counseling for counseling for counseling in the 1990s. This model is a integration of principles and techniques focused on solution. The Journal of Marital and Family Therapy revised the Guterman counseling model, stating that he "clearly demonstrates and emphasizes the adaptability of this model as well as their usefulness for the customer and the therapist." [100] Consulting This section by adding quotes to trusted sources. Material has not honored can be challenged and removed. (August 2020) (Learn how and when to remove this model message) Consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organizational changes that are consulting focused on solution is an approach to the management of organization and the principles and processes are consulting focused on solution is an approach to the management of organization and the principles and processes are consulting focused on solution is an approach to the management of organization and the principles are consulting focused on solution are consulting focused on solution and the principles are consulting focused on solution are consulting focused on solution and the principles are consulting focused on solution and the principles are consulting focused on solution and the principles are consulting focused on solution are consulting focused on solution are consulting focused on solution and the principles being used as a process of change for organizational groups of each size, small teams for large business units. Hypnotherapy elements of brief therapy focused on solution resemble Milton Hypnotherapy focused on solution (SFH) adopts practical and modern strategies that include the best of brief therapy focused on the solution (SFBT), cognitive behavioral therapy Therapy Therapy Therapy Therapy Stable References ^ a B C Lutz, Anne Bodmer, Anne (2013). Learning the therapy focused by the solution: an illustrated guide. Arlington, Virginian: American psychiatric publication. P. ã, 232. ISBN 978-0880-483834. ^ a B Pichot, T. & Dolan, Y., Teri (2003). Brief therapy focused on solution: its effective use in liquids of agency. Binghamton, New York: Haorthical Clinical Practice Press. P. ã, 12. ISBN 0-7890-1554-4.cs1 MAINT: Multiple names: List of authors (link) ^ ABCDEFGHIJKLM from Shazer, S. & Dolan, Y. With Korman, H., Trepper, T., McCollum, E. & Berg Ik, Steve (2007). More than miracles: the state of the art of brief therapy focused on the solution. New York: Routledge. 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