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right road map and a little assistance—can find the best solutions. Solution-focused brief therapy arose from the field of family therapy during the 1980s. Solution-Focused Brief Therapy | Addiction Treatment ... Many therapists use skill sets from SFT, but are not solution focused. To be solution focused means believing the assumptions listed above and operating from a stance of client as expert. The backbone skill of SFT are the exception questions. Exception means exception to the problem which by default is a solution. Solution Focused Therapy: Key Principles and Case Example ... Solution-Focused Brief Therapy differs from traditional treatment in that traditional treatment focuses on exploring problematic feelings, cognitions,

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...TREATMENT PLAN. OVERALL GOAL: To address attachment concerns, reduce attachment insecurities, and foster the

creation of a secure bond (Johnson, Creating Connections, p21)

OVERALL TASKS: The creation and maintenance of a consistent positive therapeutic alliance with both partners. The accessing and reprocessing of emotional experience.

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Solution Focused Therapy focuses on the present and future, utilizing the past as it is necessary to help get the client un- stuck. The model is non-pathology based. It is important to realize that the intent is to be solution focused, not brief. The fact that the work is briefer is an added benefit of being Solution Focused.

Introduction to Solution Focused Brief Treatment

Solution-focused family therapy is a psychotherapeutic approach that works to find, develop and

work on solutions based on the family's resources, rather than working on problem-solving, which is based more on what is wrong with the family their issues.

Solution-Focused Brief Therapy is different in many ways from traditional approaches to treatment. It is a competency-based and resource-based model, which minimizes emphasis on past failings and problems, and instead focuses on clients' strengths, and previous and future successes.

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