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Solution-Focused Brief Therapy | Psychology Today

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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.

Solution-focused brief therapy - Wikipedia

Becoming Solution-Focused In Brief TherapyHardcover- Feb 1 1992. by John L. Walter(Author), Jane E. Peller(Author) 4.3 out of 5 stars14 customer reviews.

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This handbook is a practical guide to becoming solution-focused and constructing solutions in brief therapy. At the core of the book is a sequence of skill-building chapters that cover all aspects of constructing solutions; basic assumptions; the positive start; setting well-defined goals; using the hypothetical solution frame and the exceptions frame; and use of the positive.