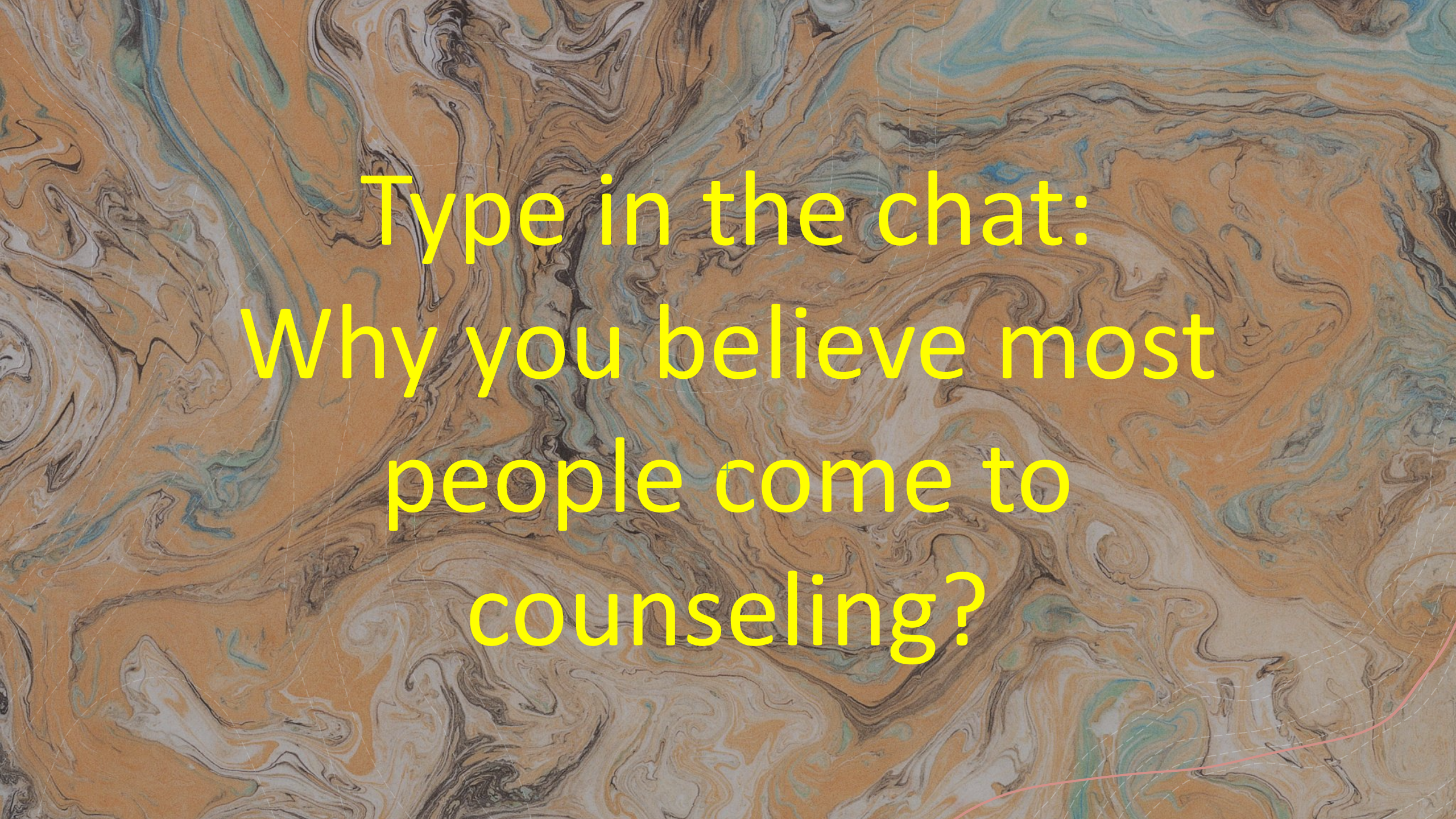
The background is a complex marbled paper pattern with swirling, organic shapes in shades of brown, tan, and grey. Interspersed within these swirls are thin, irregular veins of light blue and teal. In the bottom right corner, a thin, curved red line sweeps across the page.

Type in the chat:
Do you prefer people to
notice your weaknesses or
your strengths?

The background is a complex marbled paper pattern with swirling, organic shapes in shades of brown, tan, and muted blue. A thin, curved red line is visible in the bottom right corner.

Type in the chat:
Why you believe most
people come to
counseling?



**Solution Focused Brief
Therapy
SFBT
A Simplified Look**

What do you already know about SFBT?



Introduction

- + Began by Insoo Kim Berg and Steve DeShazer in the 80's.
- + Long before the idea of evidence based, the creators of SFBT were documenting and had teams observing sessions through two-way mirrors and recordings.
- + They worked from the Brief Family Therapy Center in Milwaukee
- + Therapist works from a stance of not knowing; leading from behind.
- + The client is the expert on themselves.



SFBT VS Others





It is all about the questions.

Scaling Questions

What has been better since...

What are your best hopes for our time together today...

What are exceptions when the problem was not present?

What are times when your desired strengths were present?

**What is the evidence change has occurred?
Who would notice?
Are we trying to ignore the problem?**



A group of four people (two women and two men) are sitting on a wooden picnic table in a grassy field. They are surrounded by picnic supplies, including a red and white checkered tablecloth, a blue cooler, and various food items. In the background, the Golden Gate Bridge is visible under a clear blue sky. The scene is bright and sunny, suggesting a pleasant day outdoors. The text "What about the miracles?" is overlaid in white on the upper part of the image.

What about the
miracles?



**What kind of people
will SFBT work with?**

- **ALL KINDS**

**What kind of
situations will SFBT
help with?**

- **MOST KINDS**



SFBT therapists make their decision on who to see in a session based on who shows up; whoever walks in the door is seen



Who decides how many sessions?

Questions?



References

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