



This booklet can be made available in other languages or formats such as large print, audio or Easy read. Contact 01225 362900

Further information

‘Being a Solution Detective’
by John Sharry, Brendan Madden and
Melissa Darmody (2001)
Brief Therapy Press

‘From Problem to Solution’
by Harvey Ratner, Evan George and Chris
Iveson (2006 Reprint)
Brief Therapy Press

Available from: www.btpress.co.uk

‘Solution-focused Therapy: Theory,
Research and Practice’
By: Alasdair J Macdonald (2007)
Sage: London

Further information is also available from:
www.solutionsdoc.co.uk

Contact us

For more information, please ask to speak to the psychological therapies services manager in your area.

For information on Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust’s Patient Advice and Liaison Service (PALS).

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

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Solution Focused Brief Therapy

This is one of a series of information leaflets on psychological therapies for service users. The therapy is described, what it involves, and the kinds of problem it may be helpful for.

You matter, we care

What is Solution Focused Brief Therapy?

Solution Focused Brief Therapy is a talking therapy.

- looks for exceptions (such as when things go better) and looks for solutions to problems in the present. It draws on past experience when service users feel that is necessary and useful.
- focuses on skills, strengths and your own hopes and goals for the present and the future.
- focuses on the changes you want, and your beliefs
- you can find ways to achieve these changes.

The therapist is not the expert on your life.

Their expertise is in working with you to find your way to get what you need. It is a “collaborative” therapy.

They are there to listen to your problems, to help understand what hasn't helped and to acknowledge your struggles to solve those problems]

Who is it for?

Diagnosis is not important for access to this therapy.

It does not assume you need a specific type of help for a particular problem – individuals can make the changes that are right for them.

If you are seeking change and willing to work outside of sessions to try out new ways of dealing with a problem, this may well be for you.

What does it involve?

Therapists will work with individuals, couples or groups.

There may be more than one therapist present in the session. This is flexible.

This work explores:

- What has been happening
- Your beliefs and patterns of behavior in different roles and relationships
- Solutions you have tried
- When the problem is easier to deal with.
- What changes you and others want,

What will happen first?

The first session provides an opportunity to clarify your goals and the challenges you face. It will also help us work out whether this kind of approach might be helpful.

What does each session involve?

Sessions last about one hour.

We talk for up to 45 minutes.

There is often a break so you and the therapist can reflect and make sure nothing is being missed.

If there are other therapists in the session, it is now that their perspectives and thoughts will be heard.

Before the end of the session, goals and ways forward will be explored.

You may be asked to evaluate the session and whether you would find another one useful.

How long does therapy last?

Solution Focused Brief Therapy can range from a single session to many.

However, it is unusual for these to be weekly as the benefits come from doing things differently outside of the sessions.

The relationship with your therapist is central to it being helpful. If it is not working, your therapist should be happy to review this.