



The Basic Tenets of Solution-Focused Brief Therapy

- It is based on solution-building rather than problem-solving.
- The therapeutic focus should be on the client's desired future rather than on past problems or current conflicts.
- Clients are encouraged to increase the frequency of current useful behaviours
- No problem happens all the time. There are exceptions – that is, times when the problem could have happened but didn't – that can be used by the client and therapist to co-construct solutions.
- Therapists help clients find alternatives to current undesired patterns of behavior, cognition, and interaction that are within the clients' repertoire or can be co-constructed by therapists and clients as such.
- Differing from skill-building and behaviour therapy interventions, the model assumes that solution behaviours already exist for clients.
- It is asserted that small increments of change lead to large increments of change.
- Clients' solutions are not necessarily *directly* related to any identified problem by either the client or the therapist.
- The conversational skills required of the therapist to invite the client to build solutions are different from those needed to diagnose and treat client problems.