



Best Life Counseling

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What is SFT?

Solution Focused Therapy (SFT), sometimes also called Brief Solution Focused Therapy (BSFT), is unique from most psychotherapies in that it focuses on what is working, solutions, and client strengths rather than problems and client deficits. In addition, this approach does not call for exploring a client's history and causes of a problem so the time for treatment is brief (weeks rather than months or years). This approach emphasizes action rather than insight. It is based on the belief that changes in behavior lead to changes in feelings. At the heart of SFT is the Miracle Question – the strategy of inviting the client to develop a detailed description of life where their best hopes from therapy have been achieved. Therapy then becomes an action-oriented dialogue of how the client will be acting differently when their dream comes true and then implementing those actions. This approach to therapy is based on several assumptions:

1. Focusing on success leads to solutions
2. Every problem has identifiable exceptions of success
3. Small changes have a ripple effect
4. Clients know themselves best
5. Positive goals (adding new behaviors) are more effective than negative goals (taking a behavior away)

Key concepts used in SFT are:

- A. You get more of what you pay attention to
- B. Avoid problem analysis. SFT looks at what is working instead of exploring the origins of one's problems.
- C. Be efficient with your interventions. (Interventions need not be complicated or be long-term answers)
- D. Focus on the Present and the Future
- E. Focus on actions rather than insights

The Miracle Question

“Suppose tonight after you go to sleep a miracle occurs, and this miracle solves the problem that brought you here. But because you are sleeping, you don’t know the miracle happened. When you wake up in the morning, what clues will lead you to discover that this miracle has taken place? What will you notice? What will you see and hear? How will you be acting?”

Or

“Picture yourself when the problem that brought you here has been solved. What will you notice is different in your life that indicates we no longer need to meet?”

SFT Process

1. Set positive goals – small steps; observable actions; clear and measurable outcomes
2. Ask the Miracle Question & construct solutions
3. Identify instances of success
4. Establish a baseline
5. Identify minefields and barriers
6. Assign homework and begin acting your way into a new way of being
7. Measure results, make adjustments as needed