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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 ...

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About **Solution-Focused Brief Therapy** . What is **Solution-Focused Brief Therapy (SFBT)**? As the name suggests, it is about being **brief** and focusing on solutions, â€

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Solution-Focused Brief Therapy - Counselling Directory

www.counselling-directory.org.uk/solution-focused-brief-therapy.html

Solution-focused brief therapy - also known as solution-focused therapy - is an approach to psychotherapy based on solution-building rather than problem-solving.

Solution-Focused Therapy

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Published in: [Advances in Psychiatric Treatment](#) · 2002

Authors: [Chris Iveson](#)

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