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Solution-Focused Brief Therapy (SFBT Techniques) State your desire for something in your life to be different. Envision a miracle happening, and your life IS different. Make sure the miracle is important to you. Keep the miracle small. Define the change with language that is positive, specific, and ...

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Solution-focused brief therapy doesn't require a deep dive into your childhood and the ways in which your past has influenced your present. Instead, it will root your sessions firmly in the present while working toward a future in which your current problems have less of an impact on your life (Psychology

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Therapy (SFBT)  
supports this evolution  
and abandons the  
'medical model,' in  
which the therapist's  
role can be likened to  
that of the  
aforementioned  
restaurant manager.  
Throughout the text  
'he' is interchangeable  
with 'she' A brief  
history of SFBT SFBT

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was developed during the 1980s by de Shazer and Berg.

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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' responses to a



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series of precisely  
constructed questions.

**Solution-focused  
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Wikipedia**

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Feb 1 1992. by John L.  
Walter(Author), Jane E.  
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has been expressed for  
excellence,  
competency, integrity  
and established  
professional  
qualifications in almost  
every field and,  
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Professionals,  
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