



Untold Story Counseling Services

Jennifer Russell Baker, LPC, CPC, LMHC

Understanding Solution-Focused Brief Therapy (SFBT)

Solution-Focused Brief Therapy

"Sometimes the smallest step in a new direction becomes the beginning of the greatest change."

What Is Solution-Focused Brief Therapy (SFBT)?

Solution-Focused Brief Therapy (SFBT) is an evidence-based, goal-oriented approach to psychotherapy that focuses on identifying solutions rather than spending extensive time analyzing problems. While understanding your challenges is important, SFBT recognizes that you already possess strengths, resources, and abilities that can help you move toward the life you want. Therapy focuses on discovering what is working, building upon those successes, and identifying practical steps that create meaningful change.

Rather than asking, "Why did this happen?" SFBT often asks, "What would your life look like if things were better?" and "What small step could move you in that direction today?"

The emphasis is on creating hope, recognizing progress, and helping you achieve your goals one step at a time.

What Can SFBT Help With?

Solution-Focused Brief Therapy can be helpful for a variety of concerns, including:

- Anxiety
- Depression
- Stress and burnout
- Relationship difficulties
- Parenting challenges
- Life transitions
- School or workplace concerns
- Adjustment to illness or injury
- Building confidence
- Goal setting
- Improving motivation
- Problem-solving
- Coping with everyday life challenges

Although called "brief" therapy, SFBT can be used as a short-term approach or integrated into longer-term therapy depending on your needs and goals.

How Does SFBT Work?

SFBT is based on the belief that lasting change often begins by recognizing existing strengths rather than focusing exclusively on problems.

Instead of asking what is wrong, your therapist will help you explore:

- What is already working?
- What strengths have helped you before?
- When is the problem less noticeable?
- What would life look like if things improved?
- What small changes could make a meaningful difference?

Together, you will identify practical, achievable goals and develop realistic steps toward them.

What Happens During SFBT?

SFBT is collaborative, strengths-based, and future-focused.

Sessions often include:

- Identifying your goals
- Exploring your strengths and resources
- Recognizing past successes
- Looking for "exceptions," or times when the problem was less severe
- Using scaling questions to measure progress
- Developing small, realistic action steps

Rather than focusing on perfection, therapy emphasizes steady progress and building confidence through achievable successes.



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Common SFBT Techniques

Depending on your goals, your therapist may use techniques such as:

- Goal clarification
- The Miracle Question
- Scaling questions
- Identifying exceptions to the problem
- Strengths exploration
- Resource identification
- Future-focused conversations
- Celebrating progress
- Building on previous successes

These techniques help shift attention from what feels impossible to what is possible.

What Might I Experience?

As therapy progresses, you may notice:

- ✓ Increased hope
- ✓ Greater confidence
- ✓ Clearer goals
- ✓ Improved problem-solving
- ✓ Recognition of your strengths
- ✓ Increased motivation
- ✓ Small changes leading to larger improvements

Many people are surprised to discover they already possess many of the skills needed to move forward.

Common Misconceptions

"SFBT ignores my problems."

No.

Your therapist understands that your concerns are real and important.

Rather than spending extensive time analyzing the problem, SFBT focuses on identifying practical solutions and helping you move toward the future you want.

"If therapy is brief, it cannot be effective."

Not necessarily.

Many people experience meaningful improvement in a relatively short period of time.

The length of therapy depends on your goals, needs, and the concerns you are working through.

"My therapist will tell me how to solve my problems."

No.

SFBT is collaborative.

Your therapist helps you recognize your own strengths, resources, and ideas while supporting you in developing solutions that fit your life.

Is SFBT Right for Everyone?

SFBT can be especially helpful for individuals who are ready to focus on goals, strengths, and practical change.

It may be used alone or integrated with other evidence-based approaches such as:

- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Narrative Therapy
- Acceptance and Commitment Therapy (ACT)
- Mindfulness-based approaches

Your therapist will recommend the combination of approaches that best supports your individual needs.



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How You Can Prepare

To get the most from SFBT:

- Think about what you hope will be different as a result of therapy.
- Notice moments when things go even slightly better than expected.
- Be open to taking small, achievable steps between sessions.
- Celebrate progress, even when it feels minor.
- Remember that meaningful change often happens gradually through consistent action.

Every small success creates an opportunity to build momentum toward larger goals.

The Goal of Solution-Focused Brief Therapy

The goal of Solution-Focused Brief Therapy is not to ignore life's challenges.

Instead, SFBT helps you recognize your strengths, clarify your goals, and build practical solutions that move you toward the life you want.

Over time, many people experience increased confidence, greater resilience, improved problem-solving, stronger relationships, and a renewed sense of hope as they discover that meaningful change often begins with one small step.

Questions?

If you have questions about Solution-Focused Brief Therapy or whether it may be appropriate for you, please bring them to your next session. Your therapist is happy to explain the process, answer your questions, and help determine the treatment approach that best supports your goals.

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Helping you become the main character in your story, not the experiences that have shaped it.