



# Teaching Tools, Vol. 1: Solution Focused Approach for Secondary Staff and Students

*Tina Rae, Elizabeth Smith*

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Solution Focused Brief Therapy (SFBT) is an approach to psychotherapy which is based upon solution-building as opposed to problem-solving. When presented with a student in difficulty many helping professionals will take time to listen and explore the problem, allowing the young person to describe the detail of the worrying or distressing experience. Teaching Tools - A solution focused approach for secondary staff and students offers you an alternative approach which, after a brief description, to move on from the problem to a non-problem scenario in which the solution is envisaged using a range of specific techniques and strategies. In this way, and after a relatively short time, the student finds a way to improve the situation and takes a more positive view. The process requires the individual to actively explore current resources and future hopes and aspirations rather than focusing upon present problems and past causes. Unlike traditional psychotherapy approaches, which can continue for many years, this type of approach tends to involve only three to five sessions and is frequently used as a preliminary intervention and as an adjunct to other treatments. From 'Therapy' to a 'School-based, Skills Approach' There is an increasing amount of research to show that SFBT is effective for children and young people in the school setting (Franklin et al 2001) and within the solution focused group setting (LaFountain, R. M and Garner, N. E. (1996)). Consequently, this programme for young people is intended to be delivered as a small group/whole-class intervention, providing facilitators with a tried and tested framework and set of resources to use with young people. The idea is not to simply target those regarded as exhibiting behavioural/other problems such as low self-esteem or anxiety, but to target all young people in order to prevent the escalation of any problems and to provide them with a range of SFBT strategies and techniques.

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