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There is often confusion between short-term and brief therapy and often the terms are used interchangeably. Conceptually, they are very different. In general, short-term therapy uses time as a motivator of progress. In short-term therapy, there is a specific time frame, usually 6-20 sessions. Solution Focused Brief Therapy (SFBT) The purpose of this preliminary treatment manual is to offer an overview of the general structure of solution-focused brief therapy (SFBT). This manual will follow the standardized format and include each of the components recommended by Carroll and Nuro (1997). The following sections are included: (a) Overview, Description and (b) Solution Focused Brief Therapy Using the Miracle Question. Solution Focused Brief Therapy aims to get the client to imagine change, to imagine the future. The miracle question is instant therapy. The miracle question focuses your mind on exactly how to achieve what you want. Focusing on your future goals is the essence of solution focused therapy. Solution Focused Therapy ignores what is past, what has happened, the history of the problem. Solution ... Feb 3th, 2024.

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