

SO, WHAT IS SOLUTION FOCUSED BRIEF THERAPY? (SFBT)



- ↑ an approach to counselling, therapy and communication
- ↑ forward-focused not backward looking
- ↑ brief – typically only 1 to 3 sessions
- ↑ can be used in **any** situation where people want to improve something in their lives
- ↑ simple to teach and easy to learn - you don't need a master's degree!
- ↑ has a sound evidence base and can be as effective as most psychological therapies in comparatively less sessions.
- ↑ **based on solution building not problem solving**

For more information contact
David Hains
0457 021 598
david@leftturnsolutions.com.au
www.leftturnsolutions.com.au

LEFT T↴RN
SOLUTIONS