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10 good reasons for adopting the

Solution Focused Approach

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Solution Focus works

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Probably the thing that matters most to the people that we work with and those who commission our work is **effectiveness**.

An increasing body of research shows that Solution Focus works and that changes are well maintained.

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Time Efficient

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Solution Focus is **time-efficient** – in clinic settings the average number of sessions is below 4!

Solution focus will not waste either the service-user's time or the worker's.

Flexible

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Solution Focus is **flexible**.

The same skills can be used with individuals, couples, and families, even in groups and teams.

The skills can be used in the office or the home, in day-care and residential, in formal meetings and informal conversations.

Foster carers can use the skills over breakfast and managers in team meetings.

Builds staff morale

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Solution Focus **builds staff morale.**

Workers who use the solution focused approach feel better about their work, feel better about the people that they work with and feel better about their colleagues.

Workers who use the approach build habits of appreciation that smooth the rough edges of our interaction.

Solution Focus reduces burn-out.

Solution Focus is inclusive

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Solution Focus is **inclusive.**

The approach has no exclusion criteria, it can work with any presentation whether that be depression, bereavement, relation problems, behaviour difficulties, drug or alcohol use, abuse or trauma.

The approach works well across differences of ethnicity, gender, class and age.

Builds co-operation

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Solution Focus **builds cooperation**.

There is nothing in life that always works but the Solution Focused approach has a very strong capacity to build cooperative working relationships even in the most challenging of situations, working with people who are sent, people who are feeling criticised and those who are given little choice but to attend.

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Solution Focus is simple

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Because the principles of Solution Focus are **simple** – the approach makes sense to workers and to service-users; indeed many people comment this way of working ‘sounds like common sense to me’.

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Solution Focus is easy to learn BRIEF

Solution Focus is **easy to learn**.

Some approaches are complex and take many months and years of training and study to learn.

Solution Focus is straightforward and most people will be able to begin to draw on some of the skills after their first training course.

Naturally it does then take time to perfect!

Fits with current thinking BRIEF

Solution Focus **fits** with the personalisation agenda, with equal opportunities, with current thinking across a range of fields including positive psychology, the recovery model, positive affect theory, emergence and appreciative inquiry.

Enthuses staff

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Solution Focus **enthuses** staff who are feeling tired and whose enthusiasm for their work is beginning to flag.

One of the most common comments from workers leaving a Solution Focused course is 'I can't wait to get back to work to use this'.

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Contact details

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Find out more about Solution Focus on our website www.brief.org.uk

For more information about the approach, training, therapy and coaching contact us at:

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