

Solution-Focused Brief Therapy, according to Corey, focuses on the goal-orientation therapeutic approach to group work. Also the solution focused brief theory SFBT looks at the strengths of a person and past successes. In a solution-focused group, the member, not the therapist, is the expert. SFBT leaders engage members in conversations about what is going well, their resources, and future possibilities. SFBT is based on the optimistic assumption that members are resilient and resourceful and able to construct solutions to change their lives. Also, SFBT is a future-focused, goal-oriented therapeutic approach to brief therapy developed initially by Steve de Shazer and Insoo Kim Berg at the Brief Family Therapy Center in Milwaukee, Wisconsin, in the early 1980s. Their goal with SFBT theory was to emphasize the strengths and resiliencies of the individual by focusing on exceptions to their problems and listening to their ideas about solutions. Therapists, according to the SFCT through a series of interventions, encourage clients to increase those behaviors that have worked for them in the past. Group practitioners can combine principles and techniques of solution-focused brief therapy with motivational interviewing when working with a variety of groups. On the other hand, an effective integration of these two approaches facilitates change through a collaborative and respectful therapeutic relationship. SFBT by honoring client stories, recognizing client strengths and preferences, and enhancing intrinsic motivation, SFBT provides multiple ways to address the impasses clients often experience during the change process. Some of the most important key concepts of the SFBT are that:

1. SFBT is grounded on a positive orientation—people are healthy and competent.

2. The past is downplayed while the present and future are highlighted
3. Therapy is concerned with looking for what is working
4. Group leaders assist members in finding exceptions to their problems
5. There is a shift from "problem-orientation" to "solution-focus"
6. The emphasis of SFBT is on constructing solutions rather than problem solving

Group members can be trusted in their intention to create solutions to their problems. There are no universal solutions to specific problems that can be applied to all people. Each individual is unique and so, too, is each solution. SFBT group leaders adopt "a not knowing position". Members think about their future and what they want to be different in their lives. The group leader has expertise, but is not an expert in how members should live. Members are experts on their own lives. Emphasis is given to creating a therapeutic partnership. The leader prefers a collaborative stance. Also, care, interest, respectful curiosity, openness, contact, and fascination are seen as relational necessities. Leaders keep members on a "solution" track instead of "problem" track. At the center of the qualities of the therapeutic relationship are at the heart of the effectiveness of SFBT. It is very important to understand that the therapeutic outcome is significantly related to the alliance formed between group members and the group facilitator. Also it is one way of creating an effective therapeutic partnership is for the group facilitator to show members how they can use the strengths and resources they already have to construct solutions. Corey's chapter is well explained how the process of identifying problems and goals is a collaborative process of negotiation between client and counselor. However, if the group members are involved in the therapeutic process from beginning to end, the chances are increased that therapy will be successful. The therapist who practices the solution-focused behavioral therapy

believes that people are competent, and that given a climate in which they can experience their competency, they are able to construct solutions and solve their own problems, which will enable them to live a richer life.