

Jennifer Matelski

Dr. Carlton Jean

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This week's readings were on Solution-Focused Brief therapy in groups and motivational interviewing. SFBT is goal oriented and utilizes the strengths based approach with participants. It was founded by Steve De Shazer and Insoo Kim Berg in the early 1980s. This approach highlights the participant's strength and resilience in an effort to focus on successes outside of the presenting problem. The group member is the expert in this type of therapy. The group participants are able to construct their own solutions in this theoretical approach to group counseling. The role of the social worker is to acknowledge the strengths the person already possesses and help them recognize those as well. Through discussing their assets and possibilities for the future, the individual can become motivated to move towards their goals and find solutions to their presenting problem.

The focus in this approach is on the assets and solution rather than the problem itself. Many therapy approaches focus on describing and analyzing the presenting problem, but SFBT theorists argue that those forms of therapy can cause the person to relive the problem over and over which can lead to more distress. It also invites participants to present and explore all sides of themselves, not just their side that relates to the problem they are facing.

Motivational interviewing and SFBT have some similarities and can be utilized in conjunction to help group participants. Motivational interviewing was developed by Miller and

Stephen Rollnick in the early 1980s. This approach is client centered, but with the purpose of helping the client be open to the idea of change and the change process. By using both SFBT and motivational interviewing, the group facilitator can help participants focus on their strengths while also exploring the concept of change. This will help participants form their own solutions to their problems.