

# Download Solution Focused Therapy Techniques Miracle Question

Solution-Focused Therapy: it is often more important to find solutions than it is to analyze the problem in great detail. What is Solution-Focused Therapy? Solution-Focused Brief Therapy (SFBT), also called Solution-Focused Therapy, Solution-Building Practice therapy was developed by Steve de Shazer (1940-2005), and Insoo Kim Berg (1934-2007) and their colleagues beginning in the late 1970's in Milwaukee, Wisconsin. The miracle question is well known as an exercise used in solution focused therapy (also known as brief therapy) where a focus is placed on imagining what your preferred future would be like and trying to work towards that future in a step-by-step way. Solution Focused Brief Therapy Worksheets. Solution Focused Brief Therapy was developed by de Shazer & Berg and their colleagues at the Brief Family Therapy Center, Milwaukee, in the 1970's., Solution Focused Therapy Techniques Miracle Question.

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