

Psychological Therapy

Factsheet 19



This factsheet is about **Solution Focused Therapy**.

Solution Focused Therapy is a psychological therapy.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is solution focused therapy

Solution focused therapy is about finding solutions to problems you might be having in your life. A **solution** is like an answer.

Solution focused therapy is about giving you the right support to find the answer to your problems. Your therapist will help you to have a conversation so you can look at

- Who you are
- What you are good at

How solution focused therapy helps you

Solution focused therapy helps you to talk about yourself and see your future in a good way.

It helps you to feel more positive about your life.



It helps you to solve problems yourself – with help from your therapist.

What happens in a solution focused therapy session



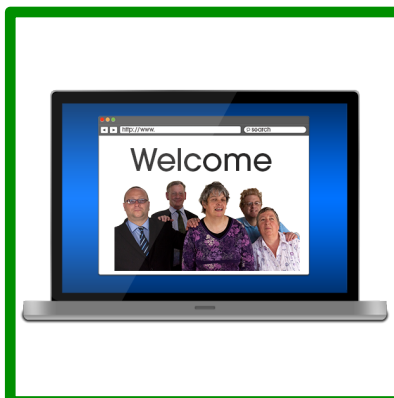
Your therapist will decide if it is better for you to have this kind of therapy on your own or in a group.

Each session will last from 50 minutes to 1 hour.



You will need to go every session. Your therapist will decide how long your therapy goes on for.

We might ask you some questions to check how the therapy is going.



You can find out more about **solution focused therapy** on this website

www.ukasfp.co.uk