

If something works, do more of it! Exploring the benefits of Solution Focused Brief Therapy for occupational therapists working in mental healthcare

Rationale / Background: In mental health care, the growing focus on resilience, recovery supported treatment and empowerment encourages (occupational) therapists to explore and emphasize goals and possibilities rather than the problem and its causes. Solution Focused Brief Therapy (SFBT) is an evidence-based contemporary intervention fostering solutions instead of problems, respecting and strengthening the clients' autonomy and self-advocacy. SFBT equips therapists with the tools and mindset needed to support and empower clients in their own recovery process.

This goal-focused, evidence-based approach helps clients achieve their goals by co-constructing solutions and steps towards these. It supports clients in the process of formulating, motivating, achieving and sustaining desired behavioural change. Hereby SFBT encourages a paradigm shift in mental healthcare, exploring functional rather than dysfunctional behaviour and focussing on the client's desired future. Instead of looking for a pattern for when the problem is at its worst, therapists help clients to discover exceptions, moments when the problem is less overwhelming or they better succeed in coping with it. The SFBT mindset sounds familiar for occupational therapists. This workshop explores how and when occupational therapists can use SFBT interventions as tools to help clients gain awareness of their own resources, discover appropriate solutions and develop lacking skills.

Learning Objectives:

- Introduce the roots, background and evidence of SFBT
- Understand the mindset and basic tenets of SFBT
- Gain first-hand experience with the practical application of selected techniques and interventions of SFBT.