



Brief Therapy

Focuses on specific goals
Focuses on enhancing client's coping abilities
Also labeled "Solution Focused Therapy"

Consultation about problems occurs in sessions, whereas the main therapy work may happen outside the sessions, during the clients' day-to-day lives. Counselors are teaching clients to be their own therapists

The therapist is "human" not an authority
The therapist is active and direct, intervenes promptly and early, focuses on the here and now and sets specific time-limited goals.

Typically clients with severe, chronic pathology, history of treatment failure, problems with reality and poor motivation would not benefit from this short-term form of therapy, although this type of client may be difficult to treat within any therapy context.

The Miracle Question

Magical question is a question that makes the client think what it would be like if he or she changed. For example:

- "If somehow your problem was solved in the middle of the night and you woke up tomorrow and your problem was gone, what would be different?"
- "If a miracle occurs tonight while you are asleep and the problem is eliminated, how will you know the next morning?"
- How will others know?
- What will you be doing differently or saying differently?

Scaling Questions

Scaling question uses scales (i.e., 1-10) to help the client approximate where he or she stands on the issue at hand. For example:

- "On a scale of 1-10, 1 being not at all and 10 being very much, how willing are you to commit to a residential treatment program at this time?"
- "On a scale of 1-10 with one being no anxiety and 10 being panic attack, where are you now?"
- "On a scale of 1-10 with one being no interest and 10 being very interested, how interested are you in getting clean and sober now?"