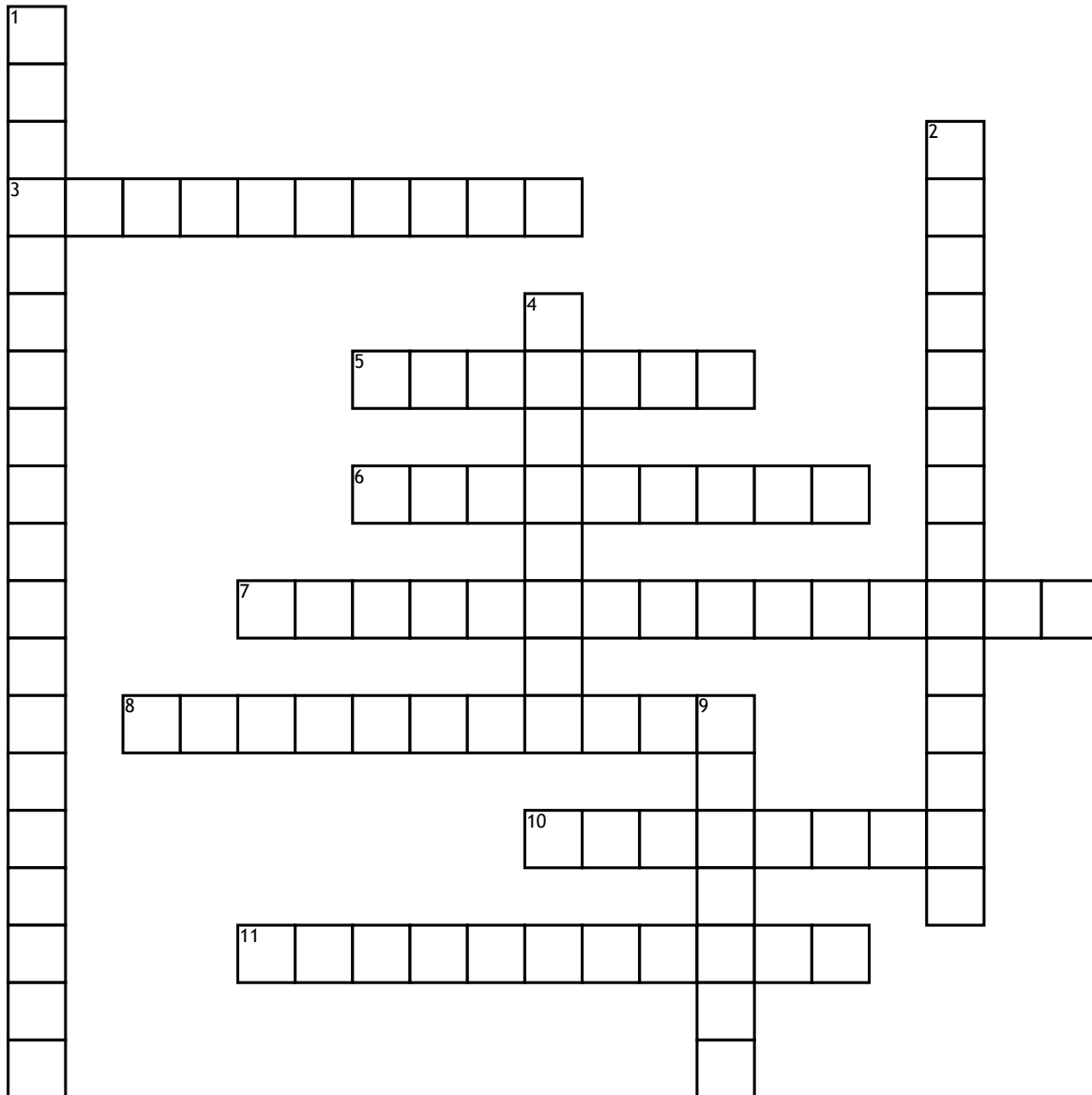


# Solution-Focused Therapy



## Across

3. Type of goals made in the first session and continues throughout therapy
5. Use the clients language instead of psychiatric terms
6. Therapist may split two things that the client may habitually consider as one thing
7. Type of therapy that looks at solutions opposed to the problem
8. Brings attention to the fact that the client has already done something
10. Motivation that move away from things we wish to avoid

11. Activates problem-solving mindset by giving people a vision of their goal

## Down

1. asked his client to look into the future and see themselves as they wanted to be, problems solved, and then to explain what had happened to cause this change to come about.
2. Founder of solution-focused therapy
4. Motivation tendencies that move towards things we want
9. Help therapist and clients talk about vague topics (e.g., depression) On a scale from 1 to 10, how sad do you feel?