

Pros

Solution focused therapy can be a great choice if you:

- Want to find solutions to problems rather than focus on their cause
- Want to boost your sense of self-esteem and confidence
- Are looking for a short-term form of therapy

Cons

Solution focused therapy might not be the right choice if you:

- Want to explore past experiences
- Want the freedom to discuss a wide range of experiences
- Prefer to discuss or verbally process problem you've experienced and their causes

Alternatives

- Existential therapy
- Psychodynamic therapy
- Person-centered therapy

Limitations Of Solution Focused Therapy

Didier Musso



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