INTRODUCTION TO “BECOMING SOLUTION-FOCUSED FORCED IN BRIEF THERAPY: REMEMBERING SOMETHING IMPORTANT WE ALREADY KNEW”

JEFF CHANG
Athabasca University, Alberta, Canada

When I first read David Nylund and Victor Corsiglia’s article Becoming Solution-Focused Forced in Brief Therapy: Remembering Something Important We Already Knew, I had just sponsored Insoo Kim Berg to teach a workshop in Calgary, Alberta, I was an aspiring solution-focused trainer, and I had just left a job at an employee assistance program (EAP). What Dave and Vic had written resonated with me. The EAP community was attracted to solution-focused brief therapy (SFBT) simply because it was seen as a way to serve clients in as few sessions as possible. Participants in my trainings seemed to focus on the procedural aspects of SFBT. I also thought Dave and Vic were courageous for calling attention to some warts in some parts of the solution-focused community.

Dave and Vic’s piece crystalized something that had been percolating with me for a while as I watched the popularization of the solution-focused approach. They spoke out against a canned approach to therapy, urged us to not get ahead of clients, and reminded us to listen to them and attend to their preferences. They reminded us that therapy is not manualized or formulaic, but a human endeavor. I am putting the finishing touches on this introduction the night before I start to teach a 5-day SFBT intensive workshop. Dave and Vic’s words will serve me and the participants well. Their piece still stands up 25 years later.