



Stirling Integrated Community Mental Health Services.

**Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913**

Referral Criteria:

The Recovery Team offers treatment for people who have been assessed and meet our criteria for a moderate mental health problem which can be treated within our group programme

Please note: to access the Resource Centre and the treatment programme a referral needs to be made via a GP or Consultant Psychiatrist.

If you require any further information please contact Linda Fraser, Megan Copland or Elizabeth Eden at the Resource Centre 01786 446913.

Solution Focused Therapy



*“The more you talk solutions
the more solutions you get”.*

- Work with the person rather than the problem.
- To look for strengths / resources rather than deficits.
- To explore possible and preferred futures.
- To explore what is already contributing to those possible futures.
- To treat clients as the experts in all aspects of their lives.
- To offer positive feedback to the client following each session.

HOW DOES SFT WORK?

Treatment consists of up to 6 fortnightly sessions

Within these sessions, we would offer:

Problem-free talk – discover current resources/achievements.

What the client hopes to achieve from the work together – their expectations.

Preferred future – (The Miracle Question) – how the client would like their future to be.

Exceptions - times the preferred future is already happening.

Scales – scaling questions to evaluate progress.

Break – for reflection and planning feedback.

Feedback – staff feedback to each other in front of the client the positive aspects already happening in their life and the progress the client has achieved so far. Clients find this powerful in implementing future changes.