

PARADIGM SHIFT

Problem-Solving

Assess problems

History, symptoms
Frequency

Hypothesis, classification

Problems inside the head

Prognosis (stable)

Solutions to match problems

(Differential diagnosis)

Determine what client needs

Solution-Building

Assess solutions

Client's desired outcome

Client's frame of reference

Solutions in social contexts

Change is constant

Exceptions, past successes

Coping, getting by

Uncover hidden
resources

Therapist as an expert

Collaborative relationship

Prescriptive

Constructive

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