

Solution Focused Brief Coaching is an approach that was developed by Steve de Shazer, Insoo Kim Berg, and their colleagues in the 1980's. It is an evidence-based approach that is effective at helping clients from any background and with various presenting problems. It is a radical approach to helping clients by asking clients to focus their attention on the future they would like to design and create rather than continuing to focus on other problem-related concerns.

This language-based approach encourages practitioners to view each client as resourceful and competent, while they co-construct (work with) their clients to move forward into the life they would like to live. Solution-focused coaching professionals ask detail-oriented questions that get clients thinking in new and more adaptive ways.

After engaging in change-oriented conversations, many clients report feeling warmly understood and empowered to use their agency and autonomy to make necessary changes in their lives that are in line with their desired outcome for coaching. This respectful and collaborative approach doesn't further traumatize clients or require them to wade through heartache and pain. Instead, the solution-focused approach helps clients expand their vision of who they are and what they are capable of accomplishing.