

Solution-Focused Therapy: Pros and Cons

PROS

- ✓ Time-efficient and cost-effective
- ✓ Focuses on strengths and resources
- ✓ Goal-oriented and future-focused
- ✓ Empowering and promotes autonomy
- ✓ Practical and action-oriented

CONS

- ✗ May not be suitable for everyone
- ✗ Limited emotional exploration
- ✗ Risk of oversimplification
- ✗ Requires clear goals



Limitations Of Solution Focused Therapy

Albert A Gayle



Limitations Of Solution Focused Therapy:

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