Crisis Management Utilizing Solution-Focused Brief Therapy

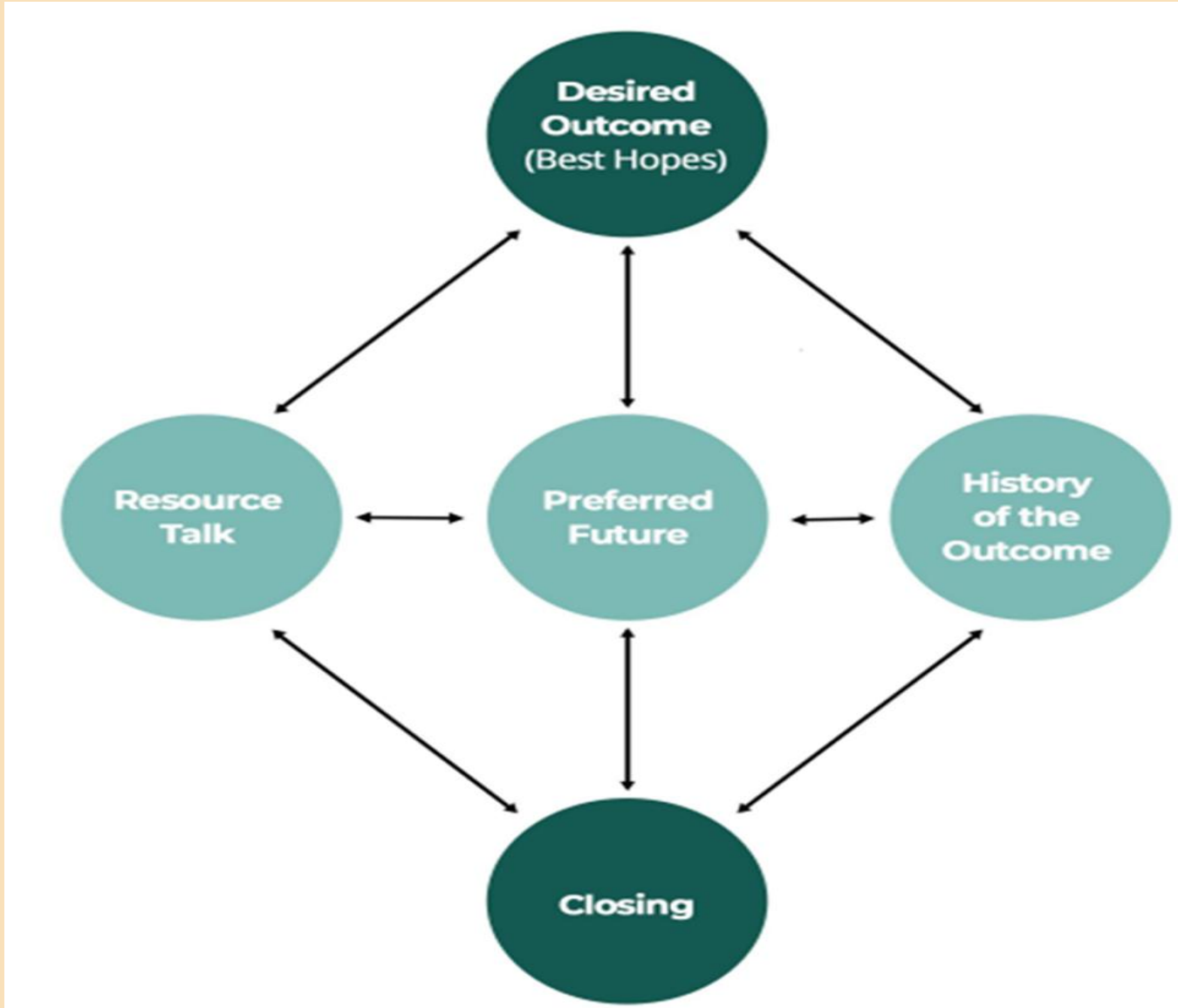
Agenda

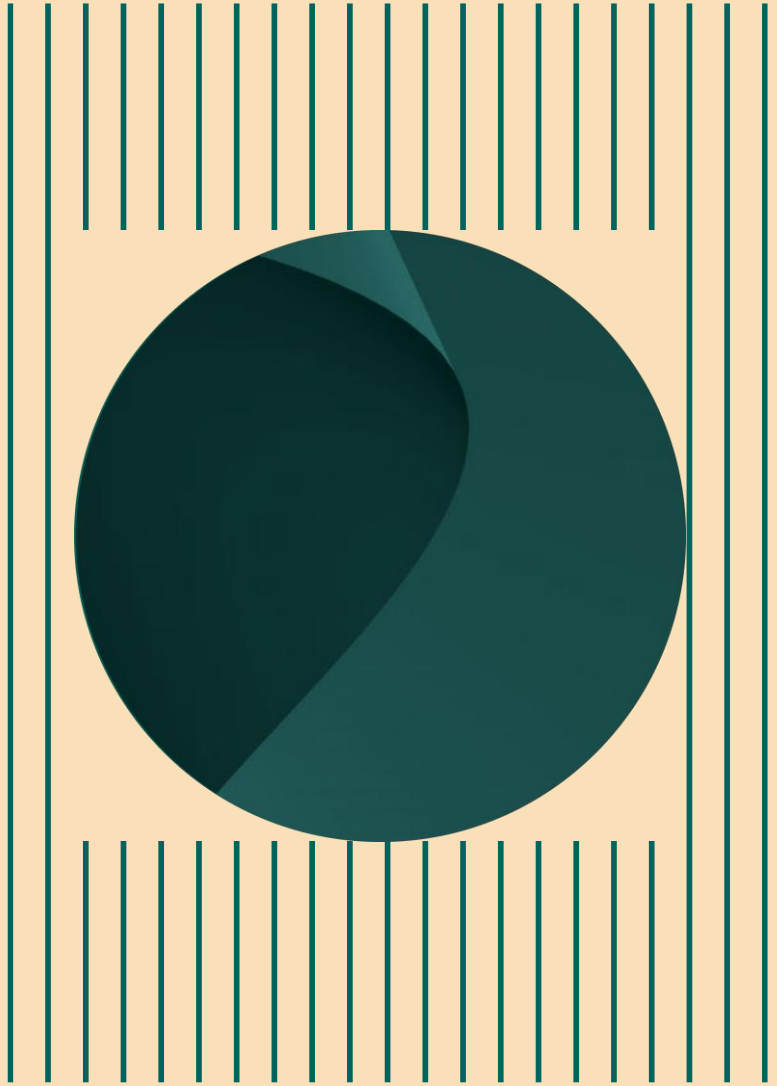
- Highlight and Demonstrate S-FBT principles
- Brief review of Crisis Assessment
- Create plan for Safety and Prevention utilizing SFBT

Desired Outcome

Description

Closing





Client:

Focus on solutions
Collaborate to envision desired future
Identify actionable steps

Therapist:

Practice curiosity
Look for exceptions
Instill optimism
Respect client's expertise
Assume clients have resources
Build on strengths
Use cl's solution-oriented language
Focus on action
Reframe problems as opportunities

Beginner's Mind

Approach client as if you know nothing about them.

Respect Client's Expertise

Practice Curiosity

Look for Exceptions

Create Optimism

Crisis:

a state of being in which a person feels out of balance

typically caused by an upsetting event(s)

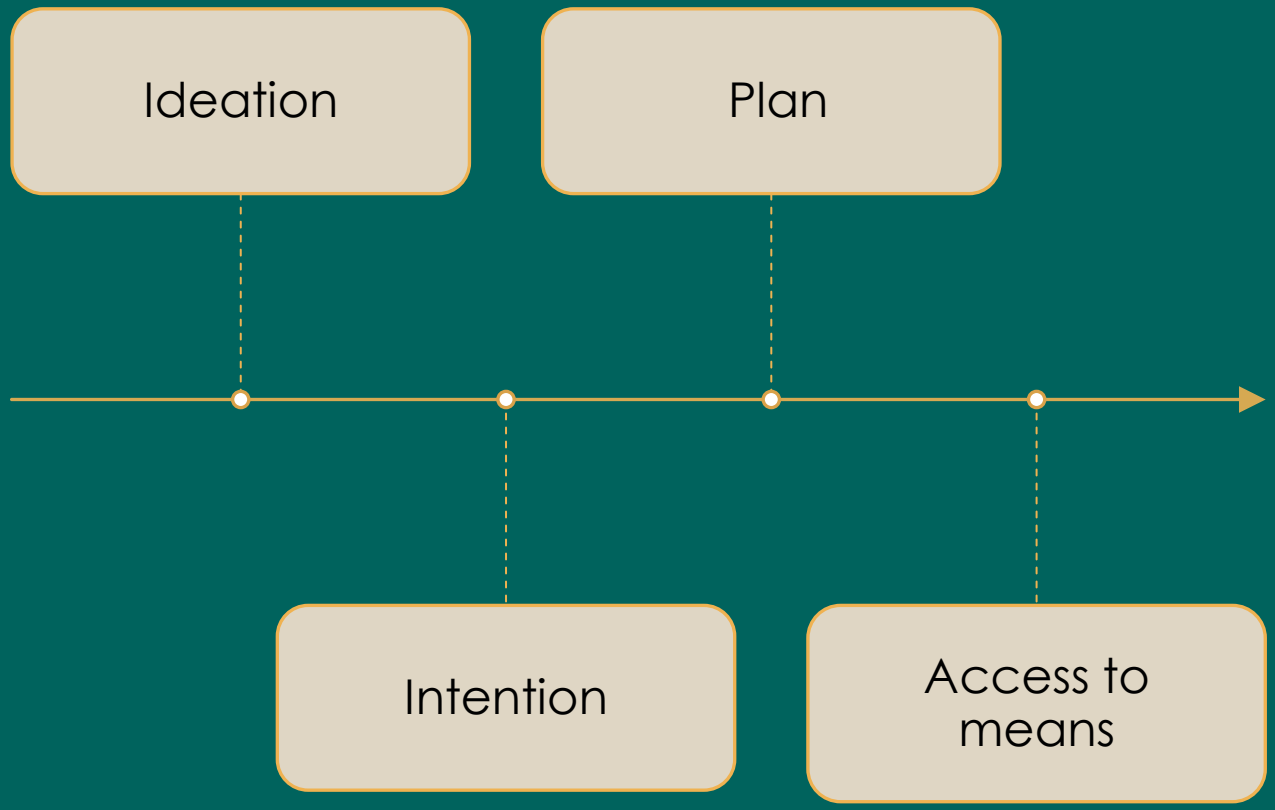
perceive a lack of ability to cope

S-FBT does NOT replace a Risk Assessment.

Safety planning, psychiatric evaluation, and crisis referrals remain essential in acute or high-risk situations.

Crisis Intervention Stages

- Establish Rapport
- Define well-formed goal
- Explore strengths and exceptions
- Envision a preferred future
- Identify one small action step



Solution-Focused Brief Therapy with Clients Experiencing Suicidal Ideation

- Audio Scene

Safety Planning Requires

What does crisis look like to me?

What are the precipitating events (activating)?

What can I do to prevent/manage a crisis?

Access to lethal means?

What resources do I need to assist me in preventing/managing a crisis?

What I can do to distract myself?

Where can I go to engage in other activity?

Who can I call or reach out to for support?

Trusted Person(s) Contact Information:
Name:
Contact Information:
988
Estimated End Date:

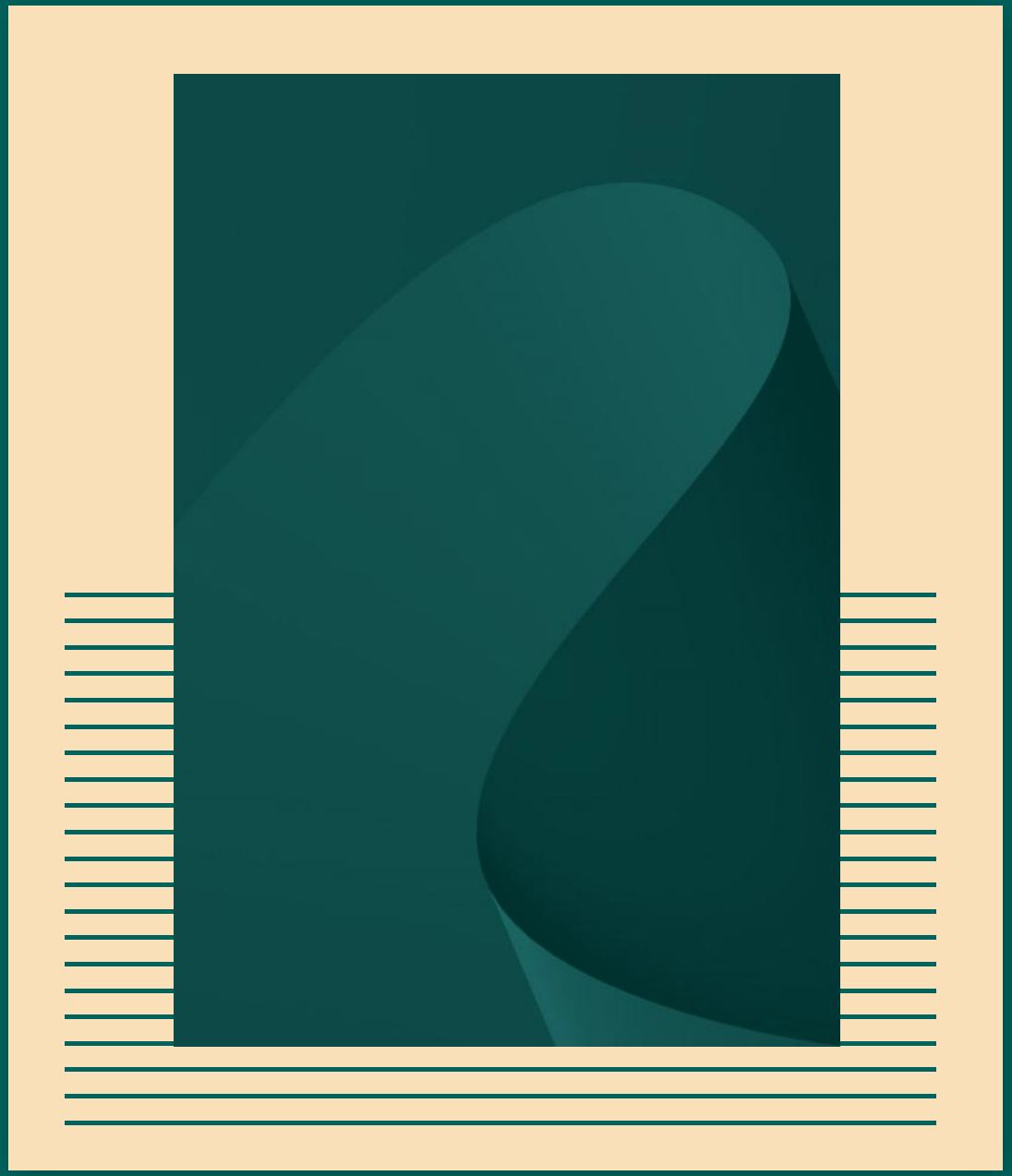
Infusing Hope When Life Feels Hopeless

You are here

You are talking about this

You want change

You have been successful in the past



Considerations for Effective S-FBT in Crisis Management

SFBT works in crisis because it quickly mobilizes the person's own agency

Safety always comes first.

Validation before solutions. In crisis especially, acknowledgment of pain is not optional — it's the foundation that makes any solution-focused work possible.

S-FBT Techniques

Miracle question
"If you woke tomorrow and this crisis was resolved, what would be different?"

Exception-finding
"Tell me about a time things were a little better. What were you doing differently?"

Scaling questions
"On a scale of 1–10, where are you now? What would a 6 look like for you?"

Coping questions
"How have you managed to keep going given everything you're facing?"

Put SFBT to Practice with Jan

Jan is a 40 year old, married mother of two children, ages 12 and 16. Her 16 year old son began driving recently and takes his sister to and from school now. As a result, Jan does not feel as connected to the children due to missing the times to talk on commutes. At 22 years of age, she married her high school sweetheart and has recently learned that he is involved with another woman when he is traveling for work.

Jan arrives to session feeling old, boring, scared, angry and guilty. Jan believes if she would not have been so heavily involved in pickleball and work, he may still be interested in her. Jan has been looking at the pain medication that was prescribed to her mother prior to her mother's death due to cancer. Jan is considering who would care for her children if she was not around.

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Trusted Person(s) Contact Information:
Name:
Contact Information:
988
Estimated End Date:

Safety
Ideation
Plan
Intent
History of Self Harm
Access to Means
Preparation

Resources

988

Ask Suicide-Screening Questions (ASQ)

Crisis Line Text Support National Suicide Prevention Lifeline Test HOME to 741741
https://suicidepreventionlifeline.org/

Columbia- Suicide Severity Rating Scale (CSSRS)

Veteran's Crisis Line - 988 and press 1

Trevor Project - 24/7 Suicide Hotline for LGBTQ Youth - We're here for you Now

National Alliance on Mental Illness

References

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Jobes, D. and Joiner, Jr. T., (2023). Managing Suicidal Risk: A Collaborative Approach, Guilford Press, ISBN: 13:9781462552702.

Murphy, J. J. (2024). Introduction. In J. J. Murphy, *Solution-focused therapy* (pp. 3–13). American Psychological Association. https://doi.org/10.1037/0000370-001

Solution-Focused Interviewing and Skills & Question https://www.pacwrc.pitt.edu/curriculum/301EngggClntsFrmAnSBSFPrspctv/Hndts/HO_9_Solution_focused_skills_and_questions.pdf

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Thank You

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