**Professor: Stefanie and Class: "Powerlessness"**

How might a solution might focused approach deal with the concept of “powerlessness” that is used in the 12 step programs?

My response:

**Professor: In 12 Step meetings, people are asked to share their "story". Often the "story" includes all the past failings. How might a SFT work with the story?**

My response:

**Topic 6 DQ 1:** Is it possible to utilize the solution-focused approach while also working within the traditional 12-step recovery model? Why or why not? Explain by providing specific examples.

According to Substance Abuse and Mental Health Services Administration (SAMHSA) 1999 it is possible to implement a solution-focused approach while working within the traditional 12- step recovery model. Lewis et al. (2015) integrated that solution-focused therapy is less traditional than other methods or approaches. Solution-focused therapy is designed for individuals that aren’t planning to be in long term treatment. SAMSHA (1999) indicated that solution-focused therapy emphasizes finding solutions to a problem and not researching the cause of the problem. Lewis et al. (2015) implied that the focus is ceasing substance use, identifying triggers, developing coping tools, and working towards attainable goals to refrain from use. The solution-focused approach can be implemented in different approaches however; the terms are different than the traditional treatment approach. Implementing solution-focused and the 12 step recovery model can be challenging. Lewis et al. (2015) state that in the 12 step recovery model clients may need to review previous steps which could take time. Counselors can encourage clients to utilize multiple approaches if the client is struggling with acceptance and admittance. Solution-focused approach and the first step of the 12 Step Recovery model may be challenging for the client because of the conflicting concepts.

Lewis, J., Dana, R., & Blevins, G. (2015). *Substance abuse counseling.*Stamford, CT: Cengage Learning.

Center for Substance Abuse Treatment. Brief Interventions and Brief Therapies for Substance Abuse. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 1999. (Treatment Improvement Protocol (TIP) Series, No. 34.) Chapter 5—Brief Strategic/Interactional Therapies. Available from: https://www.ncbi.nlm.nih.gov/books/NBK64937/

My response:

Good morning Stephanie

**Topic 6 DQ 2:** Describe the basic concepts of solution-focused techniques when working with families dealing with substance use disorders?

The two disciplines, family therapy and substance abuse treatment, bring different perspectives to treatment implementation. In substance abuse treatment, for instance, the client is the identified patient (IP)—the person in the family with the presenting substance abuse problem. In family therapy, the goal of treatment is to meet the needs of all family members. Family therapy addresses the interdependent nature of family relationships and how these relationships serve the IP and other family members for good or ill. The focus of family therapy treatment is to intervene in these complex relational patterns and to alter them in ways that bring about productive change for the entire family. Family therapy rests on the systems perspective. As such, changes in one part of the system can and do produce changes in other parts of the system, and these changes can contribute to either problems or solutions.

References

Center for Substance Abuse Treatment (2004). Substance Abuse Treatment and Family

Therapy. Treatment Improvement Protocol (TIP) Series No. 39. DHHS

Publication No. (SMA) 05-4006. Rockville, MD.

My response:

Good morning Ellis