

【問題】 以下の英文は、Awareness and practice of solution focused therapy in mental health professionals(Nisha John and Veena Satyanarayana 2022)の一部です。

Solution Focused Therapy (SFT) also known as Solution Focused Brief Therapy (SFBT) is a paradigm shift from the traditional psychotherapy. Although SFT focuses more on identifying solutions, it is an approach for problem-solving and not just to focus on problems.

①This therapy is collaborative by nature with its central focus on the future. The past is not emphasized and if it is looked at, it is only in relation to the present and future solutions. Developed by Insoo Kim Berg and Steve de Shazer during the 1980s (De Shazer et al., 1986) the premise behind SFT is that individuals have the necessary resources to resolve their own problems. De Shazer believed that positive change can occur in an individual without knowing the source of the problem (Lightfoot, 2014). SFT is incorporated not just in schools with children and adolescents, but also in private practice, and with couples and families (Reiter, 2010). It is also used in the treatment for sexual abuse (Dolan, 1991) and substance abuse (DeShazer & Isebaert, 2003).

The population for which this therapy is not recommended is individuals diagnosed with psychosis or major depressive disorder (Antin, 2018).②SFT can be used as the sole therapy or even as an adjunct. The average number of therapy sessions required is 5 of 45 minutes duration. The number of sessions rarely goes beyond eight sometimes with one session also being adequate. This therapeutic approach is dedicated to finding realistic solutions that are workable in a timelimited manner to reduce the amount of time a client has to struggle. The individuals are encouraged by the therapist to imagine the future they desire and work collaboratively to help achieve their goals (Antin, 2018).

The task for the therapist in the first session is depicted in Figure 1. There are varied techniques to aid the clients search for a solution in the therapeutic process. They include basic assumptions, the miracle question, exception questions, scaling questions and presupposing change. The best-known therapeutic technique is the miracle question. The principle of this technique is that the client has to pretend a miracle has occurred and imagine a solution to their problem (De Shazer, 1988). ③Homework tasks are also given to the client. During the sessions, the therapist compliments the client on the changes they have managed to achieve. The active role of the therapist is to question the situation, create a different perspective for the client, and use solution focused techniques to look for clues for a solution (Franklin & Jordan, 1999). Follow-up sessions focus on the improvements noted even if it was intermittent. If deterioration occurs, the therapist focuses on how the individual managed the situation for it not to deteriorate further (Iveson, 2002).

Despite the number of randomized controlled trials (RCTs) in SFT being limited findings suggest that SFT is more effective than no treatment (Newsome, 2004), is as effective as other psychosocial treatments (Gingerich & Eisengart, 2000) and requires fewer number of sessions to achieve similar outcomes (Littrell et al., 1995). Preliminary research of review and meta-analysis studies supported the efficacy of SFBT, though a definitive conclusion cannot be drawn (Gingerich & Eisengart, 2000). Corcoran & Pillai (2009) review study revealed that the effect of SFT was ambiguous when compared to other therapies.

試験科目	英語	受験番号	
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令和8年度 九州産業大学大学院入学試験問題用紙（春期）

国際文化研究科国際文化専攻臨床心理学研究分野 博士後期課程

入試区分：社会人

(1) 下線部の①、②、③を全訳してください

(2) SFTの有効性について、他の治療法と比較して説明してください

用紙が足りない場合は、裏面を利用すること

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