

# Growth-Focused<sup>Ô</sup> Brief Therapy

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## I. Approaches to Change:

A. Focus on \_\_\_\_\_ B. Focus on \_\_\_\_\_ C. Focus on \_\_\_\_\_

## II. What Is Brief Therapy and Why Are People Doing It?

A. The Reality of Brief Therapy and How It Differs From Long-Term Therapy

B. African Violets and Change

C. What Does Research Tell Us About Effective Therapy?

\_\_\_ Extratherapeutic Factors: Clients and Their Environment

\_\_\_ Therapeutic Relationship: Client and Therapist Together

\_\_\_ Expectancy, Hope and Placebo

\_\_\_ Therapeutic Technique: What We Do

## III. Growth-Focused<sup>Ô</sup> Brief Therapy

A. Core Assumptions of GFBT

1. All people are created in the image of God and as image bearers have \_\_\_\_\_ value and worth.
2. The Psalm 139:23-24 Principle
3. The most effective treatment takes into account the \_\_\_\_\_ person: mind, emotions and will.
4. *Different* approaches can be helpful with *different* kinds of people presenting with *different* kinds of problems at *different* stages in their life.
5. Change is \_\_\_\_\_, growth is optional.
6. \_\_\_\_\_ changes can be significant.
7. People bring many \_\_\_\_\_ into the counseling session. Effective therapy builds on a client's \_\_\_\_\_ rather than identifying and dwelling on their weaknesses.
8. Problems are solved, people aren't \_\_\_\_\_ .
9. \_\_\_\_\_ can be an invaluable resource for learning (II Corinthians 12: 7-10)

## B. A Unique Emphasis

1. From Change to \_\_\_\_\_
2. From Weaknesses to \_\_\_\_\_
3. From the Past to the \_\_\_\_\_
4. From Problems to \_\_\_\_\_
5. From Excuses to \_\_\_\_\_
6. From Uniformity to \_\_\_\_\_

## C. GFBT 1st Session Distinctives

1. Counseling Starts \_\_\_\_\_ the 1<sup>st</sup> Session: Seeding Pre -Session Growth
2. Identify the \_\_\_\_\_ - \_\_\_\_\_ of Your Client:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. The Value of Objective Assessment:
  - a. Provides a lot of information in a \_\_\_\_\_ period of time
  - b. Is like having a “\_\_\_\_\_” opinion
  - c. It helps the counselor not to leave out important areas
  - d. Provides an objective \_\_\_\_\_ to measure change and growth
  - e. Facilitates communication and case-consultations with other counselors
4. Other 1<sup>st</sup> Session Tasks (not necessarily in order of importance)
  - a. Family History (Genogram)
  - b. Assess Spiritual Resources
  - c. History of the Problem
  - d. Explore Attempted Solutions
  - e. Identify Exceptions to the Problem
  - f. Previous Counseling & Assessment
  - g. Medical History (Secure Release)
  - h. Substance Use
  - i. Friendships and Social Support
  - j. Assess for Suicidality or Homocidality
5. Two Valuable Interventions
  - a. \_\_\_\_\_-Finding Questions
  - b. \_\_\_\_\_ Questions
6. Develop Clear Goals in the Form of \_\_\_\_\_ Steps :
7. Hunt for the \_\_\_\_\_ Opportunity:
8. Suggest Homework:

## IV. So Now What?

Oliver and Oliver, **Raising Sons and Loving It!**, Zondervan  
Oliver and Wright, **Fears, Doubts, Blues and Pouts**, ChariotVictor Books  
Oliver and Wright, **Good Women Get Angry**, Servant Publications