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# A Solution-Focused Approach to Mental Health Intervention in School Settings

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## Abstract

This article describes the use of solution-focused brief therapy (SFBT) for working with children who present with mental health problems in the

school setting. SFBT eschews a pathology-based model of mental health, focusing instead on the client's strengths and desire to change. The article describes the techniques and application of SFBT and discusses the prevalence of child mental health problems. Emphasis throughout is placed on empirical support for the effectiveness of SFBT.

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