

# PARADIGM SHIFT

## Problem-Solving

Assess problems

History, symptoms  
Frequency

Hypothesis, classification

Problems inside the head

Prognosis (stable)

Solutions to match problems

(Differential diagnosis)

Determine what client needs

Therapist as an expert

Prescriptive

## Solution-Building

Assess solutions

Client's desired outcome

Client's frame of reference

Solutions in social contexts

Change is constant

Exceptions, past successes

Coping, getting by

Uncover hidden  
resources

Collaborative relationship

Constructive