

STEP4

Choosing solution

Describe the strengths and weaknesses of individual solutions:

- Will the solution have a substantial effect on the problem?
- Does the solution offer economic advantages or disadvantages?
- How will the solution affect the closest relations?
- Is the solution feasible?

STEP5

Getting started

Consider for the chosen solution:

- What needs to be done?
- Where should it be done?
- Who must be involved?
- How should it be done?
- Does the patient seem overwhelmed?
- Is the patient ready for the task?

SUNDT SIND

Who is behind the Healthy Mind intervention?

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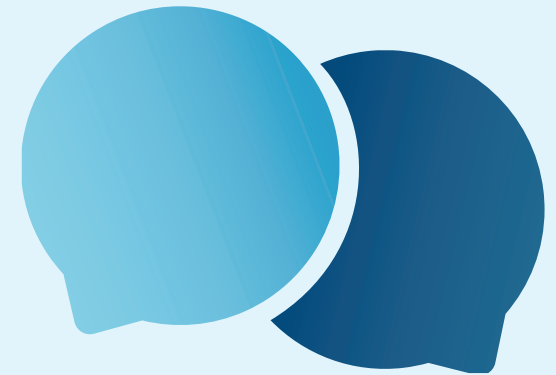
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PROBLEM- SOLVING THERAPY



A **guide** for general practice

STEP 1

Listing problems

Summing up symptoms

- Which symptoms does the patient have?
- What did the psychometric test indicate?

Identifying problems

- Are there any stressful situations in the patient's life at the moment?
- Is anything weighing down on the patient at the moment?
- List the patient's problems. Do not state details. Use the suggestion list as support.

Linking symptoms and problems

Tell the patient that:

- Symptoms may be due to unresolved problems.
- Symptoms will often subside if you address the underlying cause.

STEP 2

Clarifying problem

Select a problem from the list. Clarify the facts about the problem. Be as specific as possible in your description.

Making the problem concrete

- Who is involved in the problem?
- How do I react when the problem is present?
- Why does the problem arise?
- Why is this issue a problem for me?

See the patient's workbook for more questions.

Finding PST-suitable problems

- "A problem to be solved"
- Which parts of the problem does the patient have control over?
- Consider behavioural activation if the patient persists in defining problems as feelings, symptoms or something that belongs to other people.

STEP 3

Suggesting solutions

Find at least three solutions to the problem. The first solution is not always the best solution.

- Do not assess whether the solution is good or bad, but write down all solutions that come up.
- If it is difficult, ask the patient to describe how a good friend would solve the problem if this friend had the problem.
- Or ask the patient to come up with the silliest or craziest solution imaginable.