



Trends and Implications of Solution-Focused Brief Counseling (SFBC) from 2013-2022: a Bibliometric Review

Bambang Dibyo Wiyono¹, Wiryo Nuryono², Muhammad Afifuddin Ghozali³, Nur Hidayat⁴, Muhammad Ramli⁵, Adi Atmoko⁶, Alfisyahrina Hapsery⁷

¹²³ Universitas Negeri Surabaya, Indonesia

⁴⁵⁶ Universitas Negeri Malang, Indonesia

⁷ Universitas PGRI Adi Buana, Surabaya, Indonesia

bambangwiyono@unesa.ac.id

Abstract

Individual problems are getting more difficult and need to be resolved quickly. Based on literature reviews and relevant research, one of the effective and efficient counseling approaches is Solution-Focused Brief Counseling (SFBC). This study aims to describe the Solution Focused Brief Counseling approach. The research method used is bibliometric analysis. The data used in 2013-2022, with a total of 315 documents. The data source is the Scopus database. The analysis was carried out with the help of Vosviewer. The results of the study showed that SFBC is an approach that is often used, considering that the solution-oriented counseling approach is carried out by the client himself. Solution-Focused Brief Counseling is a counseling approach that focuses on empowering clients, so that it is faster in facilitating change and of course can be relevant to the current needs of individuals. This makes Solution-Focused Brief Counseling a very relevant contemporary approach and can be used in various psychological problems.

Keywords: Implementation, Counseling, SFBC

1. INTRODUCTION

The problems faced by adolescents or adults are getting more difficult, various problems are expected to be resolved quickly [1]. Even many terms have emerged called the sandwich generation [2] and the strawberry generation experienced in the adult phase, even the adolescent phase which is full of creative ideas but gives up easily [3]. Adolescence is a phase that is identical to establishing an ego identity in oneself that shows its existence [4]. Not a few have problems in determining their identity [5]. Therefore, guidance and counseling services are needed with a fast and solution-oriented approach [6]. Guidance and counseling are an integral part of education, the process in guidance and counseling services uses counseling

approaches, one of the post-modern approaches which is short-term or brief counseling, namely Solution-Focused Brief Counseling (SFBC)[7].

The concept of SFBC, the client is considered capable of solving his/her problems, therefore, the client creates the solution for himself/herself, not the counselor [8]. SFBC states that it is not the counselor who decides what is wrong (diagnosis) and what treatment is suitable for the client [9],[10] So that the position of the counselor seems to not know the client's life [11],[12],[13]. This does not mean that the counselor releases his/her responsibility as a skilled professional, but it implies that the client expresses his/her ideas and that is something that is justified [14].

SFBC is one of the post-modern counseling approaches that emphasizes empowering clients to find solutions, so that clients will choose their own goals to achieve [10],[15]. SFBC assumes that individuals are healthy, competent, and have the capacity to build, design, or construct solutions [16],[17]. Individuals do not focus on problems, but focus on action and realizing the solutions they want [18],[19],[20]. The Solution-Focused Brief Counseling (SFBC) is effective in helping individuals solve problems that occur in the career field [21]. The principles and techniques of SFBC provide direction to individuals to explore and develop their potential in order to achieve well-being [22](Netrawati, Syukur, and Setiawan 2023); [23].

The results of the study also strengthen the effectiveness of SFBC providing evidence that the SFBC approach is the most effective approach to all behavior and psychology because it is shorter than other approaches [24], [25]. So we conducted a study on the SFBC approach because it is the right and short approach [26]. This study is expected to contribute to providing understanding and providing a comprehensive picture of the SFBC approach. In addition, this bibliometric study examines various authors, keywords and also their relationship to the distribution carried out by campuses and countries that conduct research whose data is taken from Scopus using Vosviewer.

2. METHODS

The research method used is bibliometric analysis. Numerous fields utilize bibliometric analysis, a quantitative tool for analyzing bibliographic data [27] In addition, research with bibliometric analysis also utilizes mind mapping techniques that illustrate the boundaries of knowledge [28]. The purpose of bibliometric analysis is an analytical investigation in journal articles, books, and other types of written media [29]. The data used for bibliometric research is research in the range of 2013-2022 which is secondary data from a database obtained from Scopus using Vosviewer. The flow of this research is as shown in Figure 1.

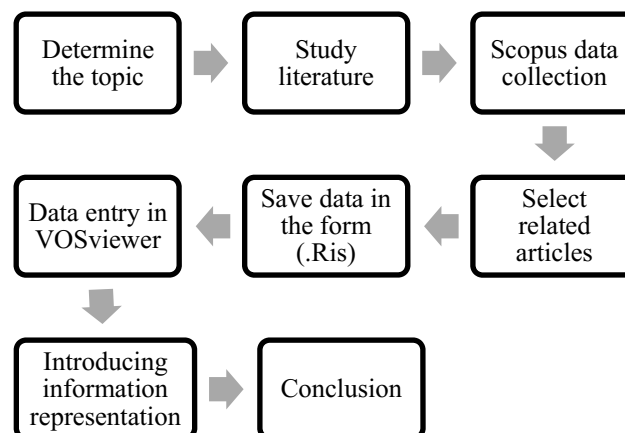
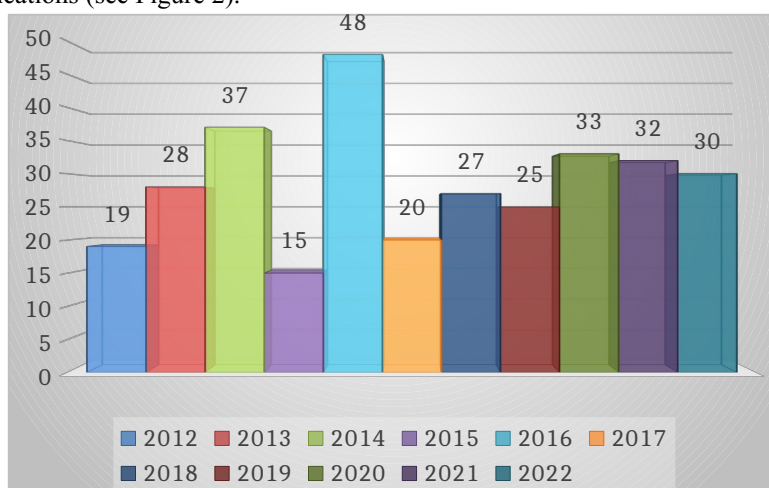


Figure 1. Research flow

3. RESULTS AND DISCUSSION

The number of publications recorded in the database from 2013-2022 was recorded as 315 publications on "Solution focused brief counseling". As for its development in the publications listed in 2012, there were 19 publications, in 2013 there were 28 publications, in 2014 there were 37, in 2015 there were 15 publications, in 2016 there were 48 publications, in 2017 there were 20 publications, in 2018 there were 27 publications, in 2019 there were 25 publications, in 2020 there were 33, in 2021 there were 32 publications, and finally in 2022 there were 30 publications. The highest publication was in 2016 with 48 publications and the lowest was in 2015 with 15 publications (see Figure 2).

**Figure 2.** Document distribution

To answer questions related to research, namely publications related to SFBC have various types of documents, a total of 315 of which are divided into article types with 206 documents, while book chapters have 63 documents, books have 22 documents, review types have 17 documents, editorial types have 3 documents, conference paper types have 2 and note and erratum types have the same 1 document from each type (see Figure 3).

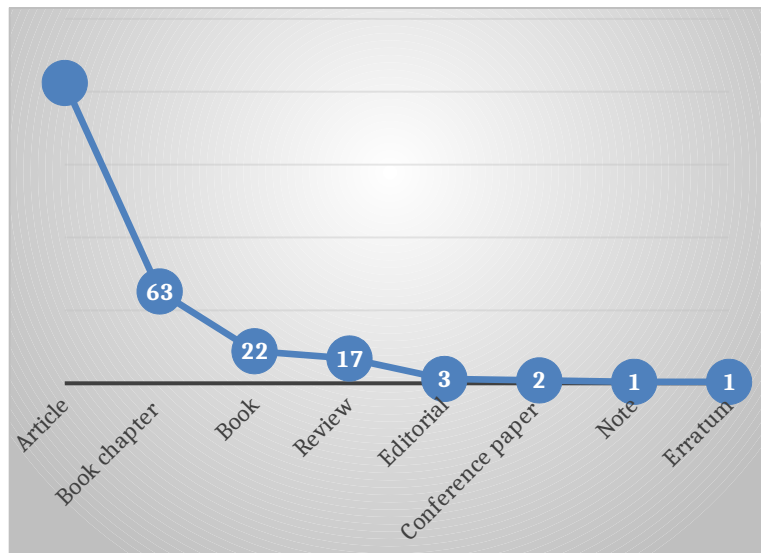


Figure 3. Types of documents

Based on the author's country, Figure 4 depicts the countries that contributed to research on the SFBC theme. As shown in the picture, the 4 countries that contributed the most authors were the United States with 123 documents, the United Kingdom with 40 documents, Finland with 20 documents, Canada with 18 documents, China with 17 documents, the Netherlands with 11 documents, Iran with 10 documents, Spain and Singapore. 8 documents each, apart from 13 which are undeniable.

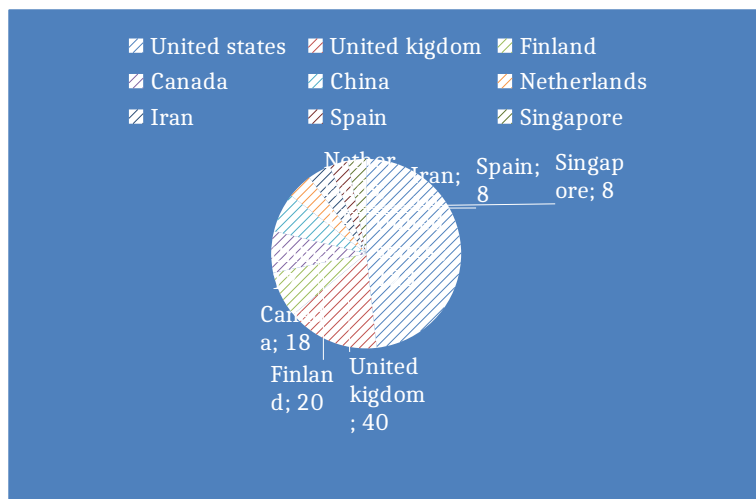


Figure 4. The author with the most related publications

Based on keywords, there are several keywords in SFBC including solution, brief, brief therapy, approach, therapy, treatment, year which appear in the Vosviewer

program used. These six keywords are related to the SFBC search. Which comes up in searches regarding the SFBC approach (see Figure 5).

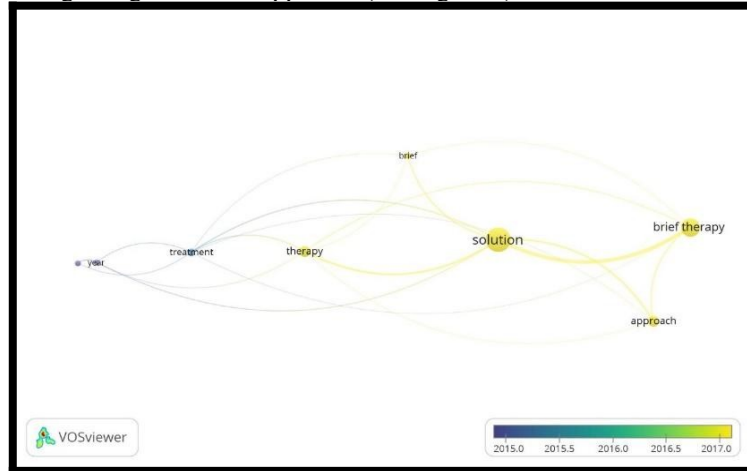


Figure 5. Keywords that frequently appear in SFBC research

Furthermore, for the distribution of campuses, there are several campuses that were detected using the Vosviewer program, it is known that Terveiden ja Hyvinvoinnin Laitos with 19%, The University of Texas at Austin 19%, Biomedicum Helsinki 12%, University of Denver 12%, Texas Tech University 11%, King's College London 8%, Social insurance Institution Helsinki 7%, University of Nevada Las Vegas 6%, Western Michigan University Homer Stryker MD School of Medicine 6% (see Figure 6).

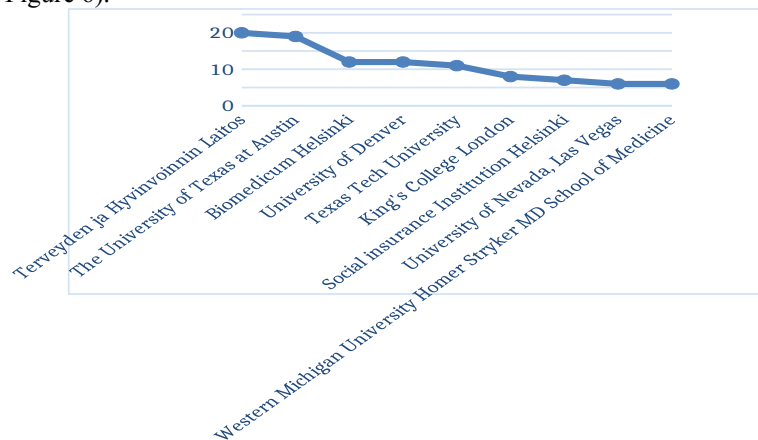


Figure 6. Campus distribution

Based on various existing literature, SFBC is also a solution-oriented approach [30]. The Solution-Focused Brief Counseling (SFBC) approach as explained above has a basic concept taught namely (1) in the event that it isn't broken, don't fix it; (2) assuming something is viewed as working, accomplish a greater amount of it; (3) on

the off chance that something is found to not be working, accomplish something else; (4) little advances can prompt large changes; (5) the arrangement isn't really connected with the issue; (6) the language for arrangement improvement is not the same as the language expected to portray an issue [31],[32].

Steve de Shazer and Insoo Kim Berg at the Family Brief Therapy Center in Milwaukee in the early 1980s developed Solution-Focused Brief Counseling (SFBC), a future-focused, goal-oriented approach to brief therapy [10]. SFBC stresses the strength and versatility of individuals by zeroing in on exemptions for issues and their reasonable arrangements [33], [34]. SFBC is an optimistic, anti-deterministic, and future-oriented approach based on the idea that clients can change quickly and write without problems when trying to find new realities [10]. The SFBC approach is additionally extremely compelling in aiding understudy issues [34], [35], [36]

Even with the COVID-19 pandemic, SFBC is a very relevant approach with a solution orientation, so that counseling services can utilize the available time [37], [38]. This is upheld by different examinations directed, the utilization of SFBC can likewise change members' downturn levels and their survival methods in managing pressure during the Coronavirus pandemic [39], [40]. In addition, brief solution-focused counseling combined with health education through videos can effectively reduce anxiety and negative emotions in adolescents, and increase positive emotions during COVID-19 [41].

In addition, in order to provide cutting-edge guidance and counseling services, it is necessary to develop SFBC online or in conjunction with other methods [36]. Solution-based counseling services can become the strength of counselors in providing optimal services when SFBC is combined with culture [15]. This is attempted to achieve the expected development and become a prosperous individual [10].

4. CONCLUSION

Based on the analysis conducted on the SFBC approach taken from Scopus using Vosviewer. A total of 315 publication documents were found spread across various countries with the most publications in the United States, while the most affiliations were on the Terveiden ja Hyvinvoinnin Laitos campus with 19 of the total documents. While the distribution year fluctuated, while the most years were in the year and the least in 2015. In addition, various studies have shown that SFBC is a solution-oriented approach, so it is faster in the counseling process and of course can be relevant to the current needs of individuals. In addition to research, SFBC is also quite widely used in counseling during COVID-19.

ACKNOWLEDGMENTS

For carrying out this research, we would like to thank the Rector of Universitas Negeri Surabaya who has provided funds and supported the completion of this research.

REFERENCES

- [1]Fegert, Jörg M, Benedetto Vitiello, Paul L Plener, and Vera Clemens. 2020. "Challenges and Burden of the Coronavirus 2019 (COVID-19) Pandemic for Child and Adolescent Mental Health: A Narrative Review to Highlight Clinical and Research Needs in the Acute Phase and the Long Return to Normality." *Child and Adolescent Psychiatry and Mental Health* 14: 1–11.
- [2]Burke, Ronald J. 2017. "The Sandwich Generation: Individual, Family, Organizational and Societal Challenges and Opportunities." *The Sandwich Generation*, 3–39.
- [3]Galler, Martina, Kristine S Myhrer, Gastón Ares, and Paula Varela. 2022. "Listening to Children Voices in Early Stages of New Product Development through Co-Creation–Creative Focus Group and Online Platform." *Food Research International* 154: 111000.
- [4]Damon, William, Jenni Menon, and Kendall Cotton Bronk. 2019. "The Development of Purpose during Adolescence." In *Beyond the Self*, 119–28. Routledge.
- [5]Buchanan, Allen. 2019. "Advance Directives and the Personal Identity Problem." In *Death, Dying and the Ending of Life, Volumes I and II*, 173–98. Routledge.
- [6]Cauffman, Louis, and Mathieu Weggeman. 2023. *Solution-Focused Applied Psychology: A Design Science Research Based Protocol*. Taylor & Francis.
- [7]Cottone, Robert Rocco. 2017. *Theories of Counseling and Psychotherapy: Individual and Relational Approaches*. Springer Publishing Company.
- [8]Levus, Nadiia, Viktoriia Hupalovska, Oleh Salamon, and Yuliya Yurkiv. 2022. "Brief Solution Focused Therapy in Ukraine to Work with People with Emotional, Cognitive and Behavioural Disorders." *Journal of Education Culture and Society* 13 (2): 467–84.
- [9]Walter, John L, and Jane E Peller. 2013. *Becoming Solution-Focused in Brief Therapy*. Routledge.
- [10]Corey, Gerald. 2017. *Theory and Practice of Counseling and Psychotherapy (10th Ed.)*. Boston: Cengage Learning.
- [11]Jong, Peter De, and Insoo Kim Berg. 1998. *Interviewing for Solutions*. Thomson Brooks/Cole Publishing Co.
- [12]Gingerich, Wallace J, and Lance T Peterson. 2013. "Effectiveness of Solution-Focused Brief Therapy: A Systematic Qualitative Review of Controlled Outcome Studies." *Research on Social Work Practice* 23 (3): 266–83.
- [13]Javid, Nezhat, Atefeh Ahmadi, Moghadameh Mirzaei, and Monavvareh Atghaei. 2019. "Effectiveness of Solution-Focused Group Counseling on the Mental Health of Midwifery Students." *Revista Brasileira de Ginecologia e Obstetricia* 41 (8): 500–507. <https://doi.org/10.1055/s-0039-1693741>.
- [14]Ebru Ikiz, Fatma, Bahar Mete-Otlu, and Esra Asici. 2015. "Beliefs of Counselor Trainees about Forgiveness." *Educational Sciences: Theory and Practice* 15 (2): 463–79.
- [15]Capuzzi, David, and Mark D Stauffer. 2016. *Counseling and Psychotherapy: Theories and Interventions. Counseling and Psychotherapy*.
- [16]Holland, Carol E Buchholz. 2022. "Using Solution-Focused Brief Counseling." In *School-Based Family Counseling with Refugees and Immigrants*, 131–49. Routledge.

- [17]Hendriani, Wiwin, and Mulawarman Mulawarman. 2020. "The Alignment of Solution-Focused Brief Counseling in Helping to Achieve Resilience: A Comparative Analysis." *Islamic Guidance and Counseling Journal* 3 (2): 100–107. <https://doi.org/10.25217/igcj.v3i2.860>.
- [18]McNulty, Carol P, and LeAnne Ward Smith. 2022. "Experiencing the Future: Preservice Teacher Perceptions of the Solution-Focused Brief Coaching Approach." *International Journal of Mentoring and Coaching in Education* 11 (1): 35–51.
- [19]Hidayah, Nur. 2023. "The Use of Proverbs as a Metaphor in Solution-Focused Brief Counseling: A Preliminary Study and Framework for School Counselors." *Pegem Journal of Education & Instruction/Pegem Egitim ve Öğretim* 13 (1).
- [20]Erford, Bradley T, and Gerta Bardhoshi. 2018. "Reality Therapy, Solution-Focused, and Behavioral Approaches to Counseling and Psychotherapy Groups: Theories, Techniques, and Applications." In *Group Work*, 407–23. Routledge.
- [21]Levitt, Dana Heller, and Bradley T Erford. 2023. "Integrating Theory Into Practice." In *Practicum and Internship Experiences in Counseling*, 43–77. Routledge.
- [22]Netrawati, Netrawati, Yarmis Syukur, and Arif Setiawan. 2023. "Improving the Self-Concept of Women Commercial Sex Workers with Group Counseling Solution-Focused Brief Counseling (SFBC) Approach." *Sawwa: Jurnal Studi Gender* 18 (2): 285–306
- [23]Gading, I. Ketut, Siti Aishah Hassan, Abu Yazid Abu Bakar, and Kade Sathya Gita Rismawan. 2021. "Solution-Focused Brief Counseling and Abc Manipulation Technique in Self-Control Training To Reduce Aggressive Behaviour." *Cakrawala Pendidikan* 40 (3): 670–712. <https://doi.org/10.21831/cp.v40i3.40755>.
- [24]Park, In Young, Johnny Kim, Cynthia Franklin, Anao Zhang, Samantha Guz, Tatsuji Shinohara, Mansoo Yu, Yong Ju Cho, and Audrey Hang Hai. 2024. "Comparing the Effectiveness of Solution-Focused Brief Therapy for Adolescent Outcomes in Schools Between the US and East Asian Studies: A Systematic Review and Meta-Analysis." *Families in Society*, 10443894241234088.
- [25]Franklin, Cynthia, Samantha Guz, Anao Zhang, Johnny Kim, Haotian Zheng, Audrey Hang Hai, Yong Ju Cho, and Li Shen. 2022. "Solution-Focused Brief Therapy for Students in Schools: A Comparative Meta-Analysis of the US and Chinese Literature." *Journal of the Society for Social Work and Research* 13 (2): 381–407.
- [26]Indriūnienė, Vinga. 2017. "Effectiveness of Solution-Focused Brief Counselling in Dealing with Problems with Physical Education among Senior Students." *Croatian Journal of Education: Hrvatski Časopis Za Odgoj i Obrazovanje* 19 (2): 399–417.
- [27]Su, Xinwei, Xi Li, and Yanxin Kang. 2019. "A Bibliometric Analysis of Research on Intangible Cultural Heritage Using CiteSpace." *Sage Open* 9 (2): 2158244019840119.
- [28]Yang, Wenlong, and Yang Wang. 2024. "Higher-Order Structures of Local Collaboration Networks Are Associated with Individual Scientific Productivity." *EPJ Data Science* 13 (1): 15.
- [29]Heersmink, Richard, Jeroen van den Hoven, Nees Jan van Eck, and Jan van den Berg. 2011. "Bibliometric Mapping of Computer and Information Ethics." *Ethics*

- and Information Technology* 13: 241–49.
- [30]Žak, Andreea M, Rytis Pakrošnis, and Evgeniya Kuminskaya. 2023. “Research on the Solution-Focused Approach in 2022: A Scoping Review.” *Journal of Solution Focused Practices* 7 (1).
- [31]Ratner, Harvey, and Denise Yusuf. 2015. *Brief Coaching with Children and Young People: A Solution Focused Approach*. Routledge.
- [32]Kim, Johnny, Sara Smock Jordan, Cynthia Franklin, and Adam Froerer. 2019. “Is Solution-Focused Brief Therapy Evidence-Based? An Update 10 Years Later.” *Families in Society* 100 (2): 127–38. <https://doi.org/10.1177/1044389419841688>.
- [32]Putri, Ria Apriana, Kusnadi Kusnadi, and Hartika Utami Fitri. 2023. “Implementation of Solution-Focused Brief Counseling to Increase the Resilience of Victims of Sexual Harassment.” *Grief and Trauma* 1 (1): 1–14.
- [33]Pertwi, Yuliani, and Yeni Karneli. 2024. “Developing a Digital Module Integrating Solution-Focused Brief Counseling to Enhance the Self-Esteem of Cyberbullying Victims.” *Journal of Educational, Health & Community Psychology (JEHCP)* 13 (1).
- [34]Wiyono, B. D. 2015. “Keefektifan Solution-Focused Brief Group Counseling Untuk Meningkatkan Motivasi Berprestasi Siswa Sekolah Menengah Kejuruan.” *JKI (Jurnal Konseling Indonesia)*.
- [35]Wiyono, B D, M Ramli, A Atmoko, and Madya Amin Al-Hadi Shafie. 2023. “SMIOC Strategic Model to Improve the Achievement Motivation of Students: Literature Review.” In *International Joint Conference on Arts and Humanities 2023 (IJCAH 2023)*, 1341–50. Atlantis Press.
- [36]Wiyono, Bambang Dibyo, Nur Hidayah, M Ramli, Adi Atmoko, and Amin Al-Hadi Shafie. 2023. “Model of Solution-Focused Online Counseling (SFOC) to Increase Student Achievement Motivation.” In *The 1st International Conference on Guidance and Counseling*, 1:16–29.
- [37]Hsu, Wei-Su, Hsin-Jung Lin, So-Tyan Melody Sun, and Hsuan-Jung Chen. 2017. “The Training Effects of Solution-Focused Brief Counseling on Telephone-Counseling Volunteers in Taiwan.” *Journal of Family Psychotherapy* 28 (4): 285–302.
- [38]Sartinah, E P, and B Purwoko. 2020. “The Development of a Theory Book and Practice Manual for Solution Focused Brief Therapy (SFBT) Counseling.” *International Journal of Innovation, Creativity and Change* 13 (2): 421–34.
- [39]Akbaş, Ebru, and Gülay Taşdemir Yiğitoğlu. 2022. “The Effect of Solution-Focused Approach on Anger Management and Violent Behavior in Adolescents: A Randomized Controlled Trial.” *Archives of Psychiatric Nursing* 41: 166–74.
- [40]Pincus, Robert, Denise Ebersol, Judith Justice, TeShaunda Hannor-Walker, and Leonis Wright. 2021. “School Counselor Roles for Student Success during a Pandemic.” *Journal of School Counseling* 19 (29): n29.
- [41]Chen, Shitao. 2020. “An Online Solution Focused Brief Therapy for Adolescent Anxiety during the Novel Coronavirus Disease (COVID-19) Pandemic: A Structured Summary of a Study Protocol for a Randomised Controlled Trial.” *Trials* 21: 1–2.

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

