

PROBLEM SOLVING TECHNIQUE

WHAT IS PROBLEM SOLVING TECHNIQUE (PST)?

PST is a brief, evidenced-based, cognitive-behavioral intervention that aims to improve the ability to cope with stressful life experiences through adoption of an optimistic view of coping and increased understanding of the role of emotions. It focuses on the present, involves the patient being more active in their life choices, and strives to empower the patient.

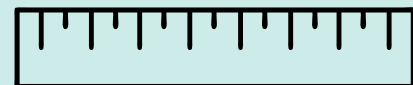
SIX STEPS

- 1 Identify, clarify and define the problem
- 2 Set achievable goals
- 3 Compare solutions using pros and cons
- 4 Choose the preferred solution
- 5 Make an action plan
- 6 Monitor and evaluate the outcome

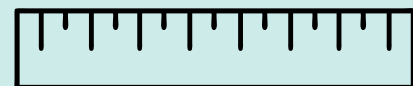
REMEMBER to brainstorm and encourage patients to think outside the box. *Give weight to the pros and cons instead of simply counting how many on each side*

USE YOUR RULERS

The Willingness Ruler: how willing a person is to take action



The Confidence Ruler: how confident a person is in their ability to take action



The Readiness Ruler: how ready a person is to take action



USE THE RULERS to help patients see where they might need to focus attention