PST works by teaching people a series of sequential steps and empowering skills.

Problem solving therapy (PST) involves learning about problem solving skills and behaviour change, which when applied correctly can help us resolve issues which may be causing stress or worry.

PROBLEM SOLVING STEPS

THESE STEPS TEACH US TO IDENTIFY AND SOLVE THE PROBLEMS WE FACE IN LIFE.

STEP 1
PROBLEM IDENTIFICATION AND DEFINITION
- Kuvihura Pfungwa

STEP 2
BRAINSTORMING SOLUTIONS & DECIDING ON ONE TO TRY
- Kusimudzira

STEP 3
CREATING AND IMPLEMENTING A SMART ACTION PLAN
- Kusimbisa

REVIEW THE PROGRESS
HOW DID IT GO?
GREAT!
NEXT PROBLEM TO WORK ON
TALK THROUGH BARRIERS
REVISIT STEP 2
TRY AGAIN!
EMPOWERED INDIVIDUALS

TREATMENT GOALS OF PST

1. The adoption of an adaptive worldview or new orientation towards living.
   E.g. positive self-efficacy, optimism, acceptance that problems will occur but can be overcome.

2. The effective use of specific problem solving steps and behaviour change.
   E.g. knowing when and how to problem solve, emotional regulation and stress management.

In problem-solving therapy, we seek to understand how our presenting problems are themselves, often, our maladaptive attempts to try and cope with or solve a deeper problem.

IN PST WE BRAINSTORM NEW, HEALTHIER ALTERNATIVES TO SOLVE OUR PROBLEMS

POINTS TO NOTE ABOUT THE PST PROCESS

- No one will give you the answers, we believe you know yourself better than anyone and your solutions are uniquely individual.
- We are here to guide and support you in the process of discovering your solutions, not give you advice or solve problems for you.
- Change takes time and action. Do not expect anything to change without putting in conscious effort, no one can make the change but you.