

## Time to Ring Some Changes

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Tomasz Switek's approach to therapy, which might be provisionally called Situational Therapy, is a novel and creative development of sf-practice. Being true not to the letter, but to the spirit of SFBT, it closely follows Insoo and Steve's legacy: "People should pick up here where we are, and... go on! If they are to repeat us, this leads to an endless loop with no progress, no moving forward, some boring staying on the same spot..." (Insoo Kim Berg & Steve de Shazer, personal communication, 1994)

It is one of several other branches of SFBT, like Macdonald's Solution-focused situation management, Panayotov's Simple Therapy, and BRIEF's Best Hopes modalities.

While described by the author as a model within the sf-tradition, one cannot not notice, however, that it also reaches far out of this tradition's basic problem/solution distinction, so it can be seen as a new therapeutic model altogether.

The problem/solution dichotomy was useful in a situation of SFBT emerging and searching for its own place on the therapy market. Usually it is a part of conversations among therapists ABOUT therapy, but as a rule it is totally useless WITHIN therapeutic conversations with clients. Like many other distinctions that therapists like to make, it is just another distinction that clients don't care about at all. In the present situation of SFBT becoming the mainstream in therapy, it has lost its usefulness for many therapists, too, as they rely less and less on it to identify themselves professionally.

Having in mind that we are Santanas, or streams (in the Buddhist tradition), it becomes obvious that only unique situations exist. Each and every client is not only different from anyone else, but also different from herself in another situation (sometimes even minutes or less apart from the other situation).

One interesting detail is that throughout the last two decades, I myself quite often start the conversations with clients with: "So, what is your situation today?"

Switek's approach reminds us that change is not only always possible; it is inevitable and happening all the time. It can be called Dynamic Therapy, if this term was not stolen years ago by probably the most static among therapists.

The word 'therapy' itself is rendered under question. We can talk about Situational Management, for example, instead.

And now, in this new situation that Switek invites us to, what are we supposed to do?  
**Try it out in our own practice, of course, and see if it works!**

Then maybe at a conference or some other kind of a 'Roots to Branches' get-together, we can discuss the results... so, have a hopefully useful and joyful trip across situations!