Problem Solving Treatment contains of seven stages:

1. Explanation and rationale
2. Problem definition
3. Establishing achievable goals
4. Generating solutions
5. Selecting preferred solution
6. Implementing solution
7. Evaluation of progress

Characteristics:

- 4-6 sessions
- first session max. 60 min. next sessions max. 30 min.
- strategy for coping with present and future problems
- role of therapist decreasing: patient taking over control