

A solution-focused brief therapy (SFBT) structured psychoeducational group module in improving skill of communication, coping and spiritual intelligence among married individuals

ABSTRACT

Solution Focused Brief Therapy (SFBT) has gained a significant influence and worldwide popularity in helping profession despite of its unconventional approach. In fact, wide growing body of research started focusing on evaluating its efficacy and effectiveness with diverse groups of clients and presenting issues. However, in Malaysia there are still lack of literature studies showing on the widely use of SFBT. Similarly in evaluating its effectiveness in working with diverse issues and clients. As such, this conceptual paper is presenting a psychoeducational group module using SFBT in improving skill of communication, coping and spiritual intelligence among married individuals. Communication, coping, and spiritual become the targeted skills due to the evidence-based research proving the essentiality of them in maintaining a good marital relationship. Furthermore, with the alarming divorce cases that keep rising year by year in Malaysia, action needs to be taken by many respective parties. As such, this module is design to help in this matter. On the other hand, since statistics divorce cases in Malaysia involve marriages below than ten years thus this module is targeted for married individuals whose marriage is below than ten years. Instruments that will be used to measure all the dependent variables are the Primary Communication Inventory (PCI) for communication skill, Dyadic Coping Inventory (DCI) for coping skill and Integrated Spiritual Intelligence Scale (ISIS) for spiritual intelligence skill. To evaluate the effectiveness of the module, an experimental method of pre and post will be conducted by comparing the result between the control and treatment groups.