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## Using of solution focused brief therapy on bullying in schools

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**B**ullying among children has become a serious issue in schools today and a universal phenomenon that is affecting an extraordinary number of school-aged children in the world. Bullying can have large and important effects on both the bullies and their victims as depression, anxiety, sleeping disorders, school achievement and these effects appear to have lifelong consequences. Bullying is also a family issue, as the family environment has a major impact on the way children view the world, and this includes the development of both violent and victimizing behaviors. Olweus (1993) defined bullying as a behavior that leaves a child “exposed, repeatedly and over time, to negative actions on the part of one or more other students”. He further explained a “negative action” as a behavior that “intentionally inflicts, or attempts to afflict, injury or discomfort upon another”. A negative action can be carried out verbally, as in threatening, teasing, name calling, or in physical forms such as hitting, kicking, pushing, shoving, and making faces or gestures. Numerous intervention programs have been developed to help children about bullying problem. One of them is Solution Focused Brief Therapy (SFBT). The principles of SFBT were developed by Steve de Shazer and Insoo Kim Berg at the Brief Family Therapy Center in Milwaukee. In their clinical work with couples and families, de Shazer and Berg discovered that clients’ concerns were resolved most effectively when therapists focused on the solution rather than the problem. They found that it was more effective to deliberately and skilfully focus attention on solutions rather than focus on the problem. They did this by encouraging the conversation to concentrate around three main areas. First is past successes and exceptions to the problem, second is existing skills and positive personal qualities and the last one is the preferred future. SFBT techniques are simple to implement and can be used by counselors who have different levels of experience to generate a satisfactory outcome for clients. Nowadays school health professionals especially nurses use SFBT because of some reasons. One of them is SFBT using is simple. The other one is you can see the improvement in a short time. Also adolescents don’t like talking the negative behaviour or situation, so SFBT is acceptable for them. SFBT emphasizes positive behaviour and strengths to find the solutions. School is an important setting for the promotion of social skills and children’s health. To promote health at school nurses should play a key role to stop the bullying. Because the relationship between the students and nurses in schools is very influential. School nurses should take a course and gain qualification and then should use SFBT to stop bullying in schools.

### Biography

Ebru Ozturk Copur has completed her graduation in 2010 from Nursing Faculty of Hacettepe University. Then she took her Master’s degree in 2013 from the same university and currently, she is pursuing her Doctorate degree.

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