

PST is a brief, evidenced based, cognitive-behavioral intervention that aims to improve the ability to cope with stressful life experiences through adoption of an optimistic view of coping and increased understanding of the role of emotions. It focuses on the present, involves the patient being more active in their life choices, and strives to empower the patient.

## 7 Steps of Problem Solving

Step 1: Identify, clarify, and define the problem

Step 2: Set a realistic, achievable goals within our control

Step 4: Compare solutions by evaluating the pros and cons

Step 5: Choose the preferred solution

Step 6: Make an action plan to implement the solution

Step 7: Monitor and evaluate the outcome

*Remember to brainstorm and encourage patients to think outside the box. Give weight to the pros and cons instead of simply counting how many on each side*



**The Willingness Ruler**

*measures how willing a person is to take an action*



**The Confidence Ruler**

*measures how confident a person is in his / her ability to perform or take the action*



**The Readiness Ruler**

*measures how ready the person is to take the action*

*Use the rulers to help patients see where they might need to focus attention*

**This is not therapy!**

Worksheets are very productive.  
Examples can be found here:  
<https://www.therapistaid.com/search?query=problem+solving>

Contact Us:  
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Additional materials available at  
MCCIST.com