

Basic Tenets

Positive, solution building approach

Replace the focus from problems to client strengths

Client is the expert of the problem

Basic attending skills are important

Focus on the client



Role Clarification





Miracle Question

1. (Once asked, focus on what will be different when the miracle happens.)
2. Regarding client: What will you notice that's different? (What will be the first thing that you notice? What else?)
3. Regarding significant others: Who else will notice when the miracle happens?

Moving Toward a Solution

1. (Use when client can answer the miracle



Solution Focused Crisis Counseling

Most clients stabilize and make progress as they participate in solution-building progress.

Clients improve by focusing on past successes and strengths.

Coping questions are helpful including scaling.

Scaling questions are helpful in assessing crisis situations.



Later Sessions

Focus is on finding, amplifying, and measuring client progress

Opening and sustaining a dialogue

Children's Solution Work

Insoo Kim Berg & Therese Steiner

Power Hands Activity

Draw an outline of each activity finger

Have the child name an activity that they are good at for each finger.

Have the child color in or write in the activity.

Child should do all 10 fingers.

Resolving Sexual Abuse

Yvonne Dolan

Letter to the Future

Pick a time in the future (5 – 20) years from now.

Date the letter with the imaginary date and write a supportive friend. Imagine that you have resolve or coped with whatever is bothering you at the present time. Describe what helped you. Describe how you are spending your time and the joyous things you are enjoying.

Quotes

He that complies against his will is of the same opinion still – Samuel Butler (1612 – 1680)

The greatest good you can do for another is

Resources

Interviewing for Solutions by Peter DeJong
and Insoo Kim Berg.

Children's Solution Work by Insoo Kim Berg &
Therese Steiner.

Resolving Sexual Abuse by Yvonne Dolan.

Clue's by Steve deShazer.

More Resources

Parenting Toward Solutions by Linda Metcalf

One Small Step by Yvonne Dolan

Do One Thing Different by Bill O'Hanlon

