

12 Feb 2022 - Citizen Advocacy S.A.

# Conversations that Create Hope: An Introduction to the Solution Focused Approach

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Chairperson, Journal of Solution Focused Practices

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# Conversations that Create Hope: (and why talking about your problems is bad for you)

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# ASFA & JSFP



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[www.solutionfocused.org.au](http://www.solutionfocused.org.au)  
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# ASFA & JSFP

JOURNAL OF  
SOLUTION  
FOCUSED  
PRACTICES JSFP

UNLV  
UNIVERSITY OF NEVADA LAS VEGAS

*The Journal of Solution Focused Practices is the newly rebuilt and rebadged version of the Journal of Solution Focused Brief Therapy. The Journal is now produced by a new international collaboration, and financially supported by organisations and individuals from around the world. It is available as a free download via the University of Nevada Las Vegas*

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# Community of Practice





# The Possibilities Lab



<https://www.facebook.com/thepossibilitieslab>

Navigation icons: back, forward, user profile (dnahains), and window controls.




Profile picture of an older woman with glasses.

PLAYLIST

# Solution Focus Playlist

Jonas Wells • 276 likes • 930 songs, 58 hr 59 min

Controls: Play, Like, Download, Search, Date added

#	TITLE	ALBUM	DATE ADDED	
1	 <b>Looking For Clues</b> Robert Palmer	Clues	Oct 18, 2013	4:52
2	 <b>Lösning Eller Problem</b> Bäddat För Trubbel	Värdighet	Oct 20, 2013	1:34
3	 <b>Små små steg</b>	Små små steg	Oct 20, 2013	3:50

Current song: **Miracle Man** by Elvis Costello

Progress bar: 0:03 / 3:31

#825: "Watching the wheels" John Lennon

#930: "Miracle Man" Elvis Costello and the Attractions

#937: "You make my dreams come true" Hall and Oates

#938: "More than a feeling" Boston

#939: "Got my mind set on you" George Harrison

#940: "Listen to the music" The Doobie Brothers

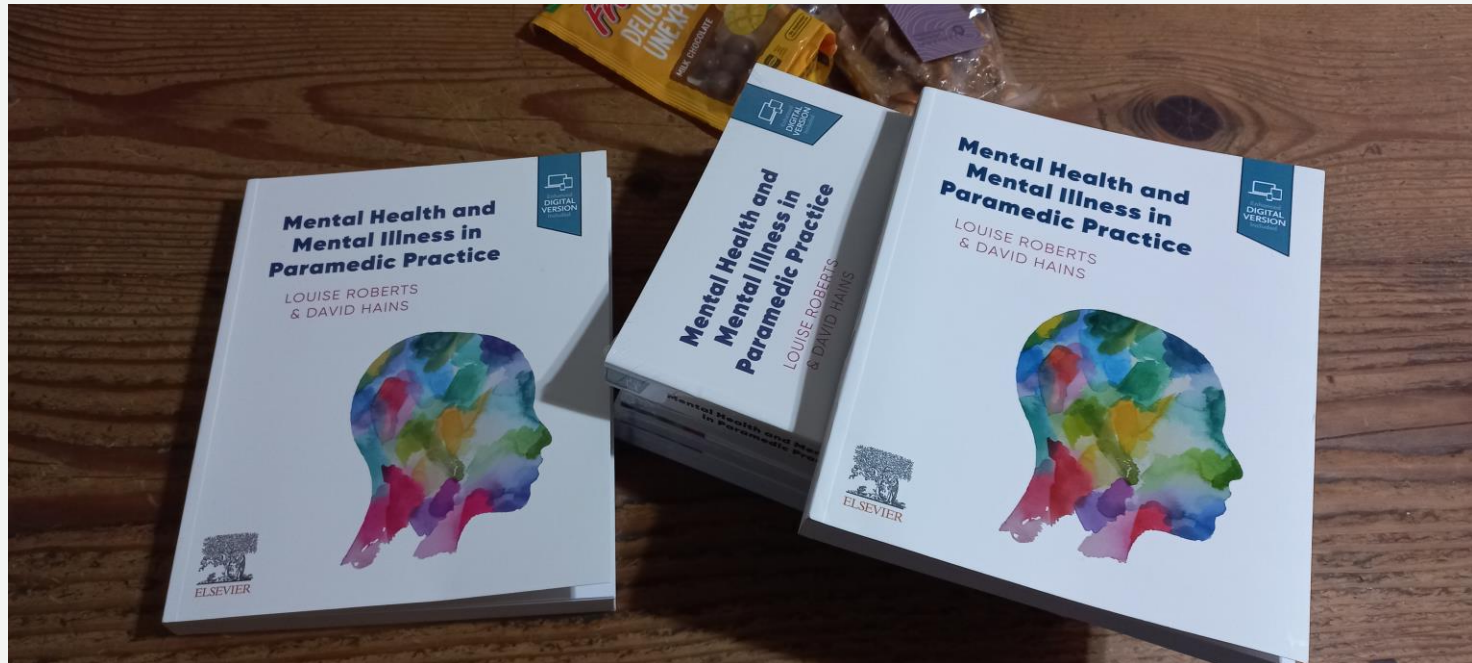
“People asking questions, lost in confusion  
Well, I tell them there's no problem, only solutions  
Well, they shake their heads, and they look at me,  
as if I've lost my mind  
I tell them there's no hurry, I'm just sitting here doing time”

John Lennon - Watching the Wheels





# The Book



<https://www.elsevier.com/books/mental-health-and-mental-illness-in-paramedic-practice/roberts/978-0-7295-4318-7>

mental health nurse

flinders mental *health*

ed mental HEALTH team

inner south mental *HEALTH* service  
**mental *health* act**  
southern mental *health*

SA *HEALTH* service

member australian college mental **health** nurses

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So, what did I spend my whole day talking about?

# Mental illness



# Today's Workshop

- Interactive
- No note taking required (I will supply notes)
- Introduction level using the SF approach in general communication
- I run 3 core workshops:
  - SF1 – Introduction to the Solution Focused Approach
  - SF2 – Solution Focused Consolidation
  - SF3 – Advanced Solution Focus
- Any housekeeping?

# The plan for today ...





# Activity – Best Hopes

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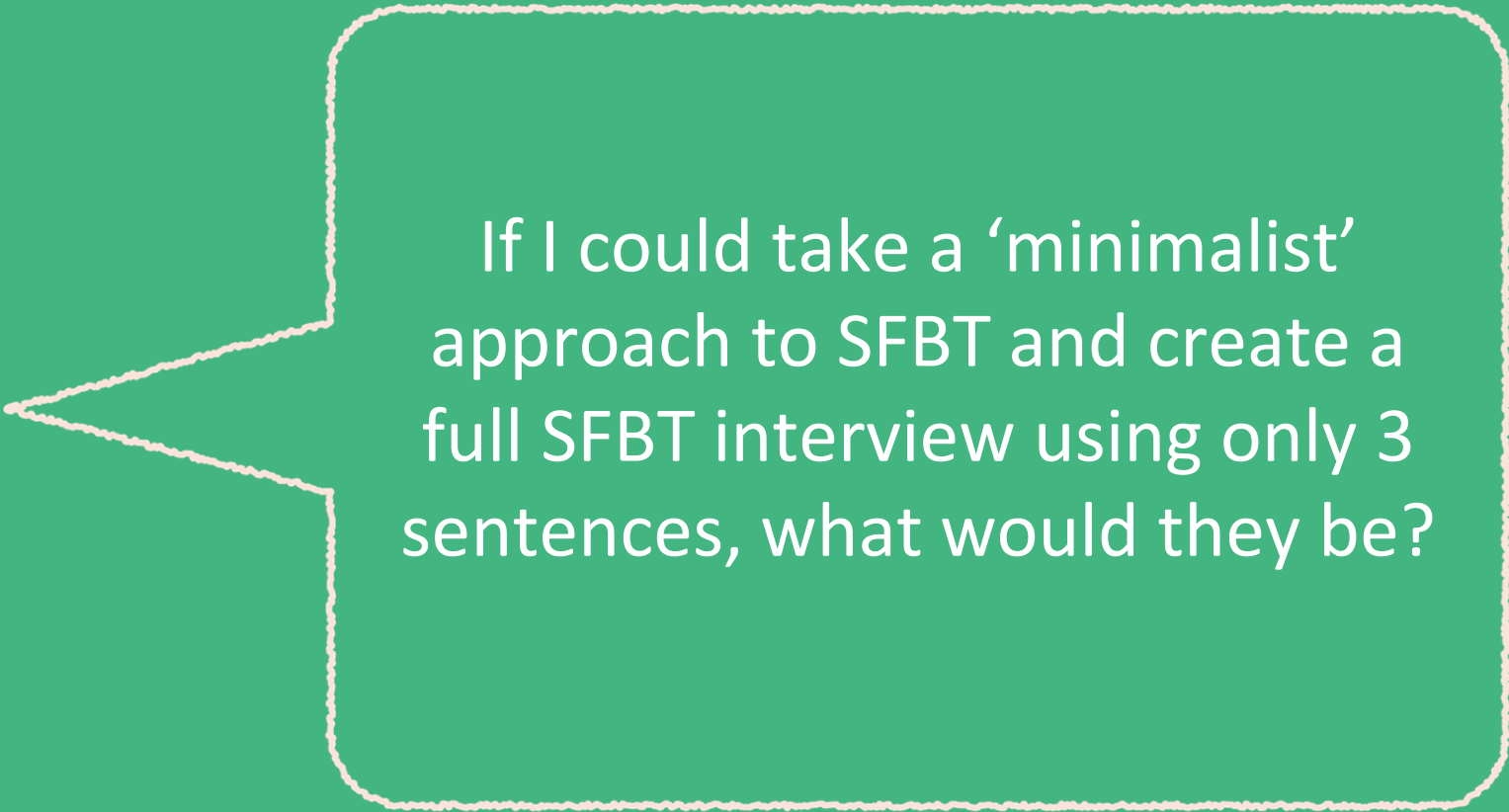
What are your best hopes for today? i.e. ask why your partner came today, and what they hope will happen her today. (For this 1<sup>st</sup> part we are only talking about what happens today)

---

Ask your partner to imagine that they get all of the things they wanted today and more – what difference would that make to them in the future? Eg “So if today turns out to be really good, and you get ..., how will that be a good thing for you?” Explore where this new skill/knowledge/thing will start to make a difference in the future.

---

Who would be the first to notice this ‘thing’ happening/developing/changing? (they may talk about their partner, clients, colleagues etc?)  
What will this person/people notice as things happen/change as a result of coming here? i.e. these ‘things’ starting to develop and show themselves in the future?



If I could take a 'minimalist' approach to SFBT and create a full SFBT interview using only 3 sentences, what would they be?

What are your BEST HOPES  
for coming here today?

What are your BEST HOPES  
from coming here today?



What else?

“The answers you get depend  
upon the questions you ask.”

Thomas Kuhn





# #1

# #1

It's not about the nail:

<https://www.youtube.com/watch?v=-4EDhdAHrOg&t=32s>

# #2

Unfortunately I don't have the audio that I can send you, but there is a lot of info on this event in the internet including Wikipedia, plus documentaries and podcasts such as:

[https://www.youtube.com/watch?v=\\_EWzG6x3yw0](https://www.youtube.com/watch?v=_EWzG6x3yw0)

<https://www.youtube.com/watch?v=6LYcpVtaDD0&t=9s>

[https://en.wikipedia.org/wiki/Qantas\\_Flight\\_32](https://en.wikipedia.org/wiki/Qantas_Flight_32)



# SINGAPORE CHANGI DEPARTURES

Flight number

Destination

Time

QF 32 SYDNEY 09:50





# #3

<https://www.youtube.com/watch?v=bKLQBuSPVwQ>

# Assumptions and Core Tenets in SFBT

The solution is not necessarily directly linked to the problem

A focus on what's working rather than what's broken

Highlight and mobilise strengths

Keep looking up

Hold on tight

Take 1 step at a time (small steps)

We are not looking for problems (diagnosis)

Solution focused, not problem focused

Looking for a “preferred future”



Simon, Joel, Oct 14, 2009, Solution Focused Practice in End-of-Life and Grief Counseling  
Springer Publishing Company, New York, ISBN: 9780826105806

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“It’s not the diagnosis that stigmatises,  
it’s the process to get the information  
that does, the diagnostic interview ... a  
process of humiliation”

Dr. Harry Korman 2018 AASFBT Conference, Melbourne

“When I focus on what’s good today, I have a good day, and when I focus on what is bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases”

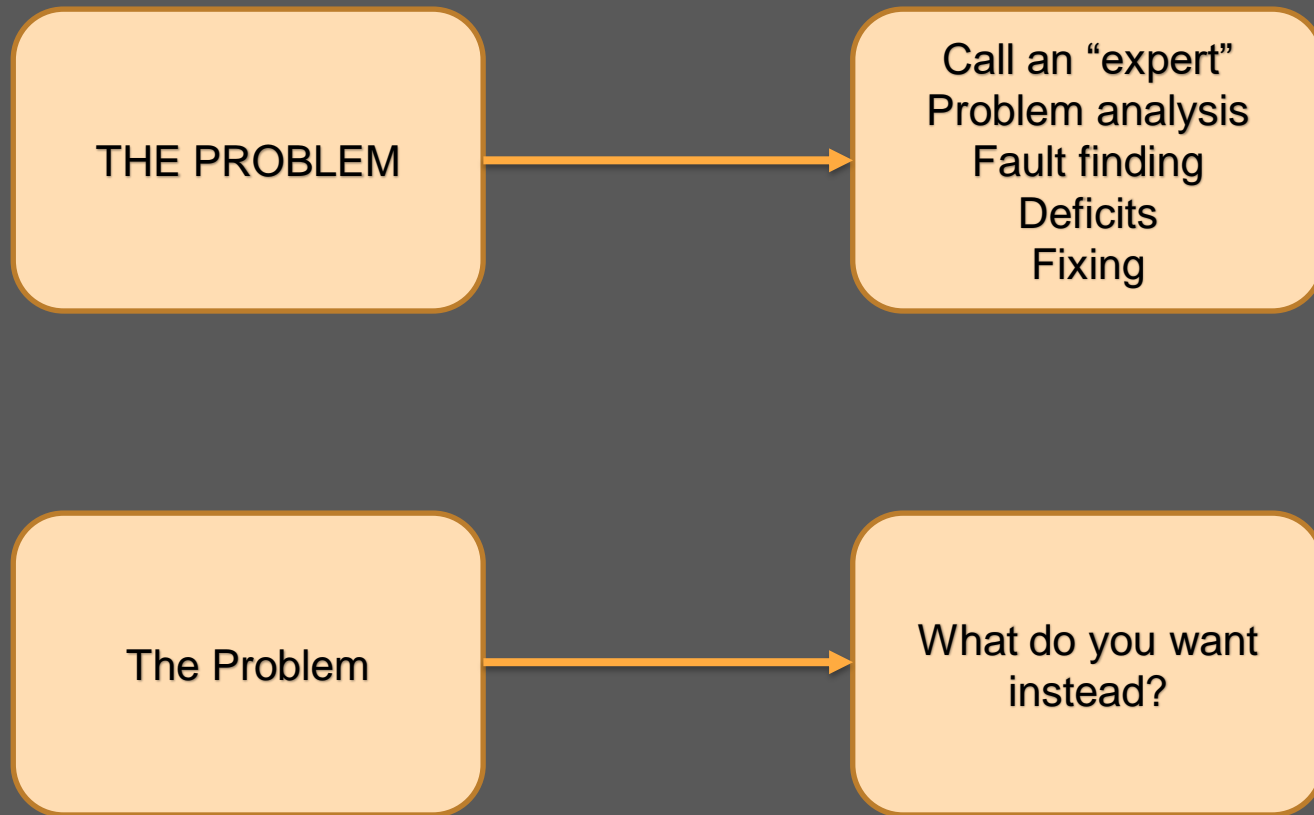
Alcoholics Anonymous (1976) Alcoholics Anonymous: the story of how thousands of men and women have recovered from alcoholism (The big book). Alcoholics Anonymous World Services, New York.



Simon, Joel, Oct 14, 2009, Solution Focused Practice in End-of-Life and Grief Counseling  
Springer Publishing Company, New York, ISBN: 9780826105806

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## 2 different ways of thinking

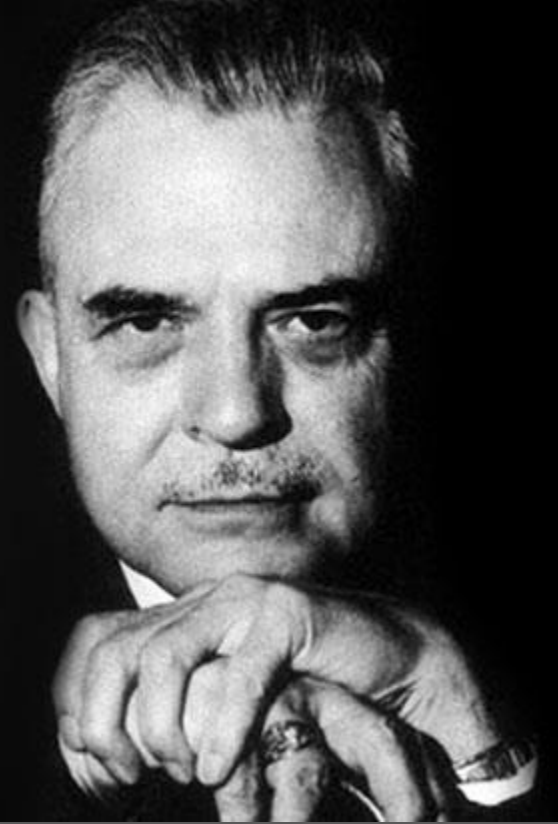


“One advantage of this type of perspective is that it tends to change the nature of what one finds in [clients]. Simply stated, if one studies only [clients’] problems, one finds only problems.”

DeFrane, M. (1999) “Strong families around the world” p.13

People do not come  
into therapy to change  
their past but their  
future.

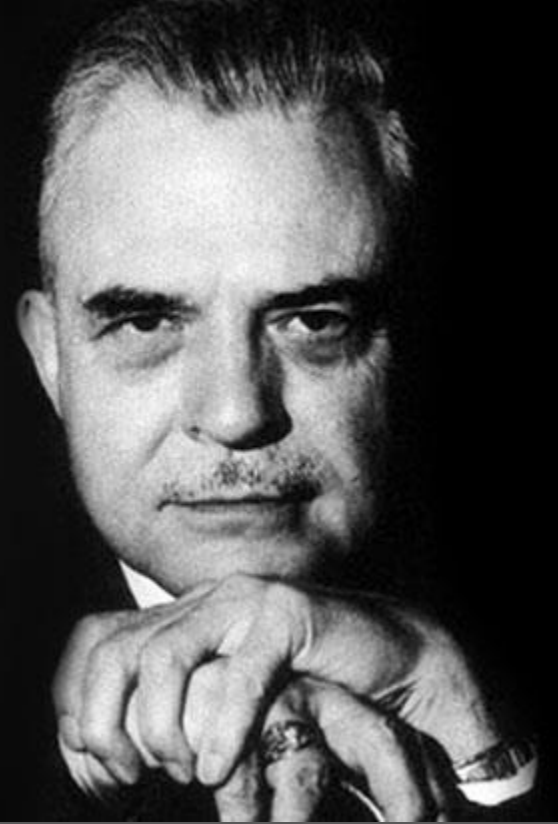
Milton Erikson





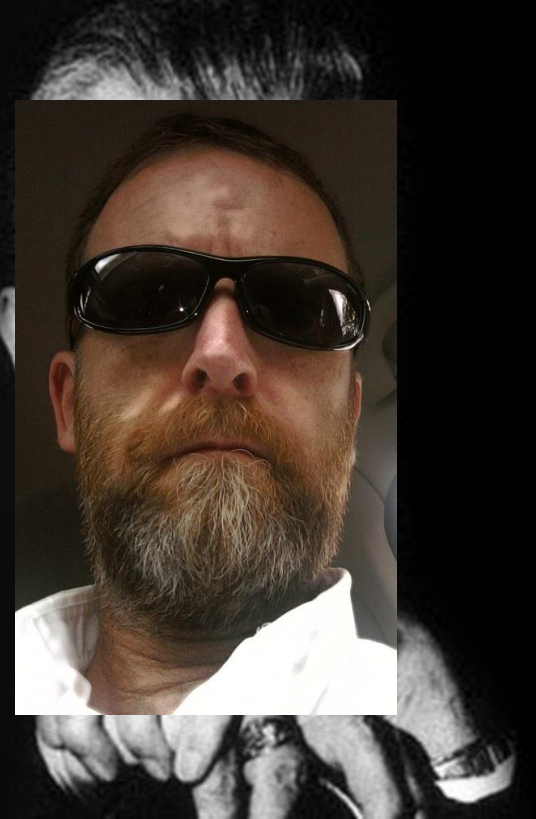
Don't ask why the  
patient is the way he is,  
ask for what he would  
change.

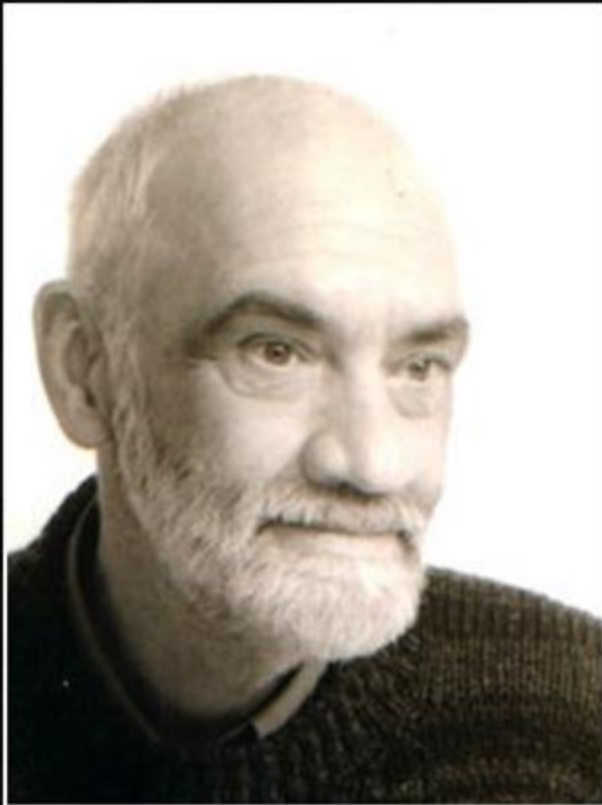
Milton Erikson



Who the hell said that  
we have to talk about  
our problems?

~~Milton Erikson~~ David Hains



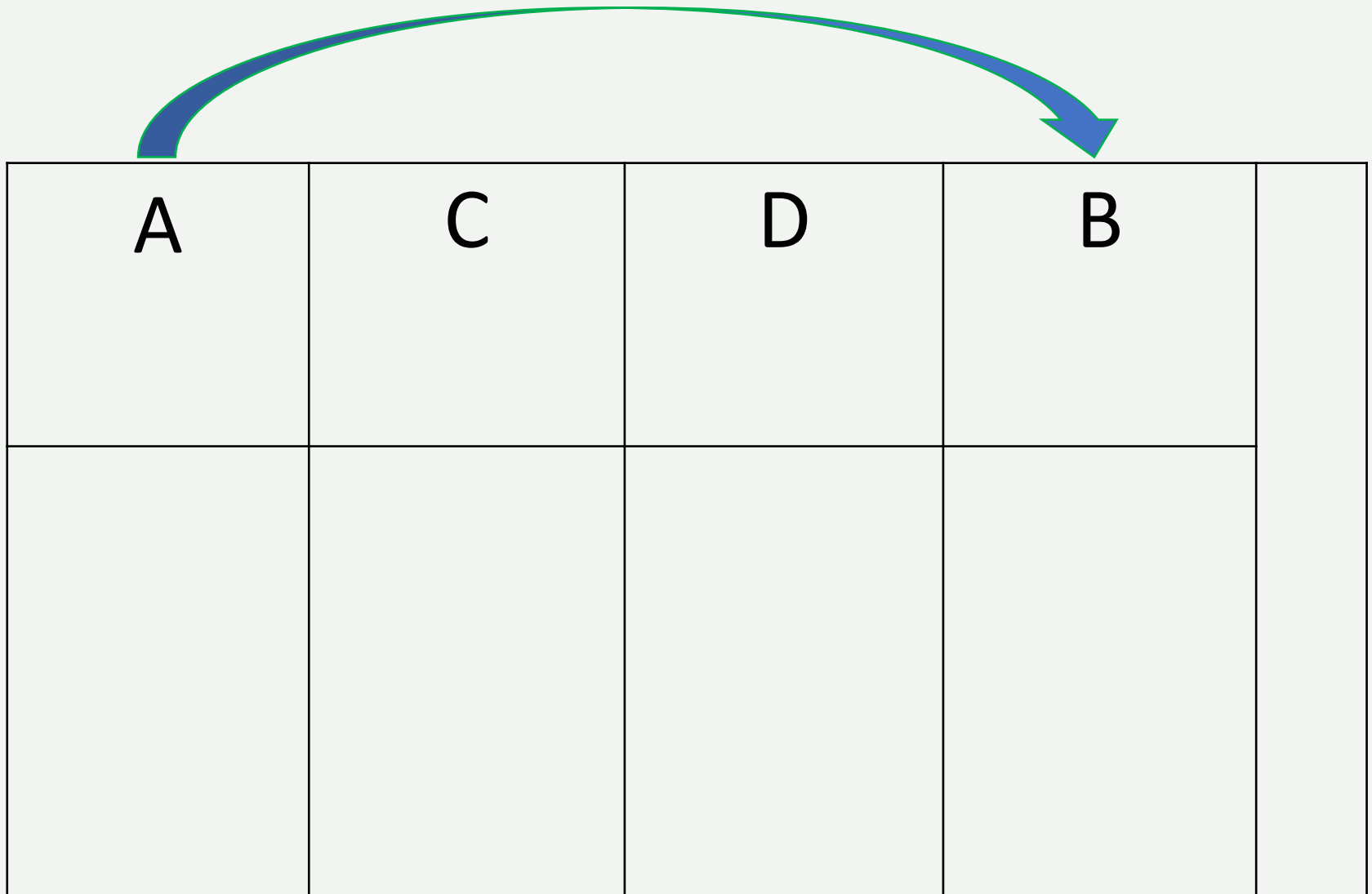


Where you stand determines what you see and what you do not see; it determines also the angle you see it from; a change in where you stand changes everything.

— *Steve de Shazer* —

# The Left Turn ABCD model for “better”

*Moving from where you are, to where you want to be*



Adapted from: McKergow & Jackson (2007), Baeijaert & Stellamans (2011)

LEFT TURN SOLUTIONS

# The Left Turn ABCD model for “better”

*Moving from where you are, to where you want to be*



A	C	D	B	
Where <b>A</b> re you?	<b>C</b> urrency <b>C</b> onnections & <b>C</b> oping	<b>D</b> oing	Where do you want to <b>B</b> e?	

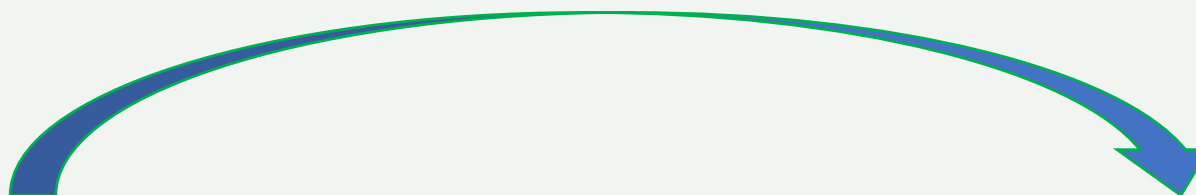
The problem is over here – Don't look back!!!

Adapted from: McKergow & Jackson (2007), Baeijaert & Stellamans (2011)

LEFT TURN SOLUTIONS

# The Left Turn ABCD model for “better”

*Moving from where you are, to where you want to be*



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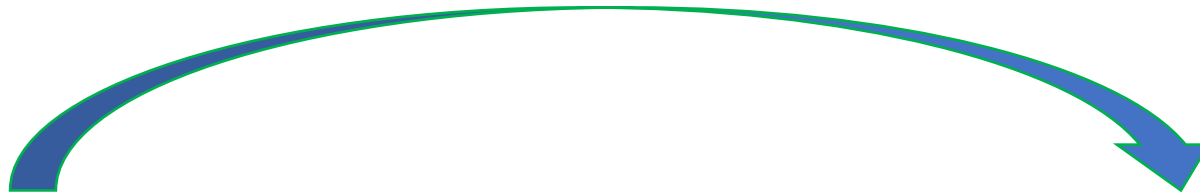
A	C	D	B	
Where <b>A</b> re you?	<b>C</b> urrency <b>C</b> onnections & <b>C</b> oping	<b>D</b> oing	Where do you want to <b>B</b> e?	
Problem-free talk  Best Hopes  Common Project  <u>Orientation</u> to a “Preferred Future”	VIP’s  Strengths  Exceptions	Scaling Questions  <i>Step by step</i>  <i>What will be different?</i>  <i>What will people notice?</i>	Preferred Future  Miracle Question  <i>detail, detail, detail</i>	

Adapted from: McKergow & Jackson (2007), Baeijaert & Stellamans (2011)

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# The Left Turn ABCD model for “better”

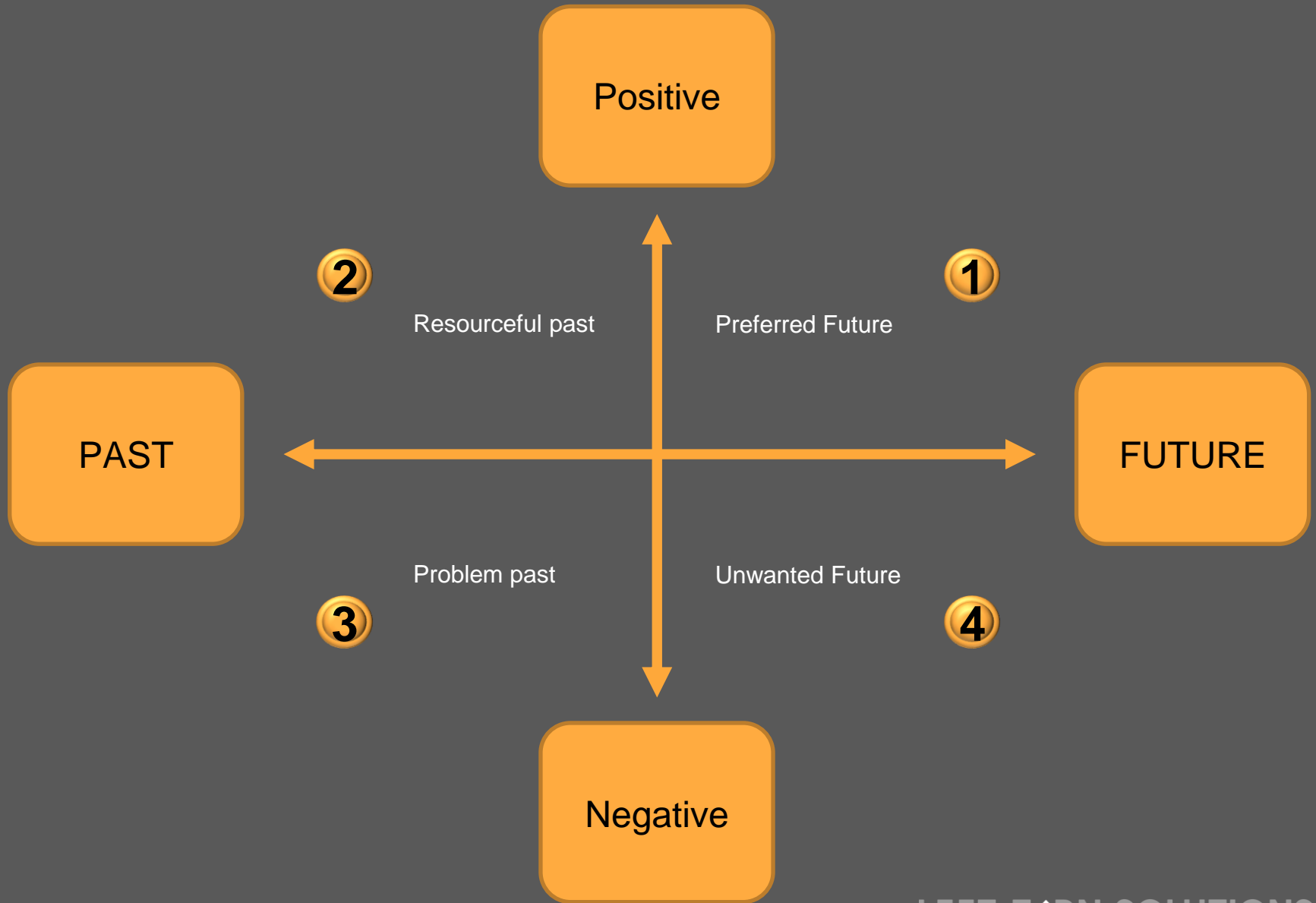
*Moving from where you are, to where you want to be*



The problem is over here – Don't look back!!!

<b>A</b> Where <b>A</b> re you?	<b>C</b> <b>C</b> urrency <b>C</b> onnections <b>C</b> oping	<b>D</b> <b>D</b> oing	<b>B</b> Where do you want to <b>B</b> e?	Review, affirmations, next steps
The starting place Transforming a problem into a goal/possibility Common project Changing your perspective Considering the context Stating an objective	Making use of what's already there Skills, resources, and strengths What's already going well Prior successes When it could have gone bad, but didn't Existing relationships – family, friends, team, clients, anyone	Small steps – what's next? K.I.S.S. – staying on the surface If it works – keep doing it If it doesn't work – try something else Language	Your preferred future Possibilities (present & future) Meaning & purpose Simple & clear description of what “better” would be like: <ul style="list-style-type: none"> <li>• What you are doing differently</li> <li>• What you will notice</li> <li>• What others will notice</li> </ul>	

# Dialogic Orientation Quadrant (Haesun Moon 2017)



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## Practice activity #2 – Problem talk v. Solution Talk



Problem talk creates problems,  
solution talk creates solutions

Steve de Shazer

# Activity

- Think about the place you live (street, suburb, LGA, town) and what it's like to live there
- This activity will be done in 2 parts

# Activity – part 1

## Problem Talk

Think about the place you live (street, suburb, LGA, town) and what it's like to live there:

- What are the main problems with this place?
- What things are you most unhappy about?
- What's missing?
- What's not working?
- What are the barriers to making improvements?
- Why has it be hard to change things in the past?
- Why will it be hard to change things in the future?

# Activity – part 2

## Solution Talk

Think about the place you live (street, suburb, LGA, town) and what it's like to live there:

- Why do you like living here?
- What things are you most happy about?
- What are the most valuable parts of the community?
- Who's contributing, and how?
- What has happened to already make things better?
- What could be even better?
- What would be the 1<sup>st</sup> sign that it's getting even better?

# Solution Focused Circle Technique (Arnoud Huibers)

# Solution Focused Circle Technique (Arnoud Huibers)

Things that are  
already there but  
need to be better

OR

Things that are not  
already there but you  
would like them to be  
present

Things that are already  
working well

# Final Activity

## Reflection, next steps

- Think about your best hopes for today (from this morning)
- Interview each other in pairs
- What are the things that stand out for you today?
- What are the things that are going to make a difference for you in the future?
- What will be the 1<sup>st</sup> sign(s) of this appearing in the future? (i.e. what things will be different for you as a result of coming here today?)
- Please explore, be inquisitive, and get detail

Further training  
Community of Practice  
General info  
What else?

e.g. slides & handouts, certificates, documentation



# Next Level Workshops

Online and face to face:

SF1 - Introduction

SF2 - Consolidation

Face to face only:

SF3 - Advanced

Other workshops available, e.g:

A SF approach to suicide prevention.

SF conversations for the non-clinician.

Single Session Therapy.

## Contact

David Hains

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[www.leftturnsolutions.com.au](http://www.leftturnsolutions.com.au)

[www.leftturnsolutions.com.au/contact-us](http://www.leftturnsolutions.com.au/contact-us)

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[www.facebook.com/SFAustralasia](http://www.facebook.com/SFAustralasia)

<https://twitter.com/DavidatLeftTurn>

<https://twitter.com/JournalSFP>

<https://twitter.com/ASFAssoc>

Podcasts and other Solution Focused info:

[Journal of Solution Focused Practices](#)

[FBS Chat \(interviews with practitioners\)](#)

[The Possibilities Lab videos](#)

[Simply Focus Podcast](#)

[SFBT Research \(almost all of it can be found here\)](#)

[Solution Focus in Organisations \(non-clinical\)](#)

[SFIO Journal](#)

[Tim Wand, Emma & David discuss the SF approach](#)

[in suicide prevention](#)

[ANMF Journal article](#)