

2021 - Lifetime Support Authority

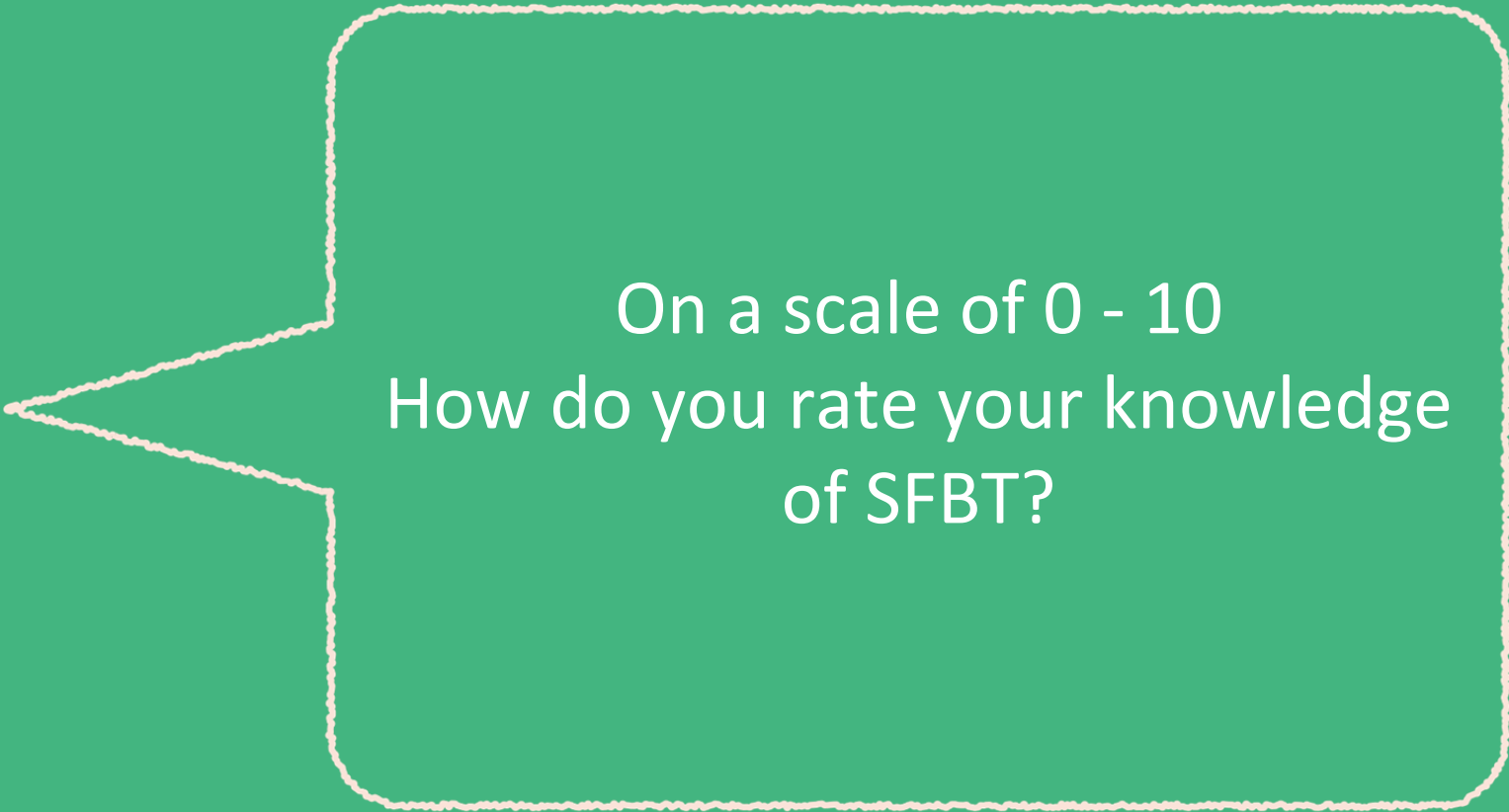
Introduction to Solution Focused Brief Therapy

David Hains

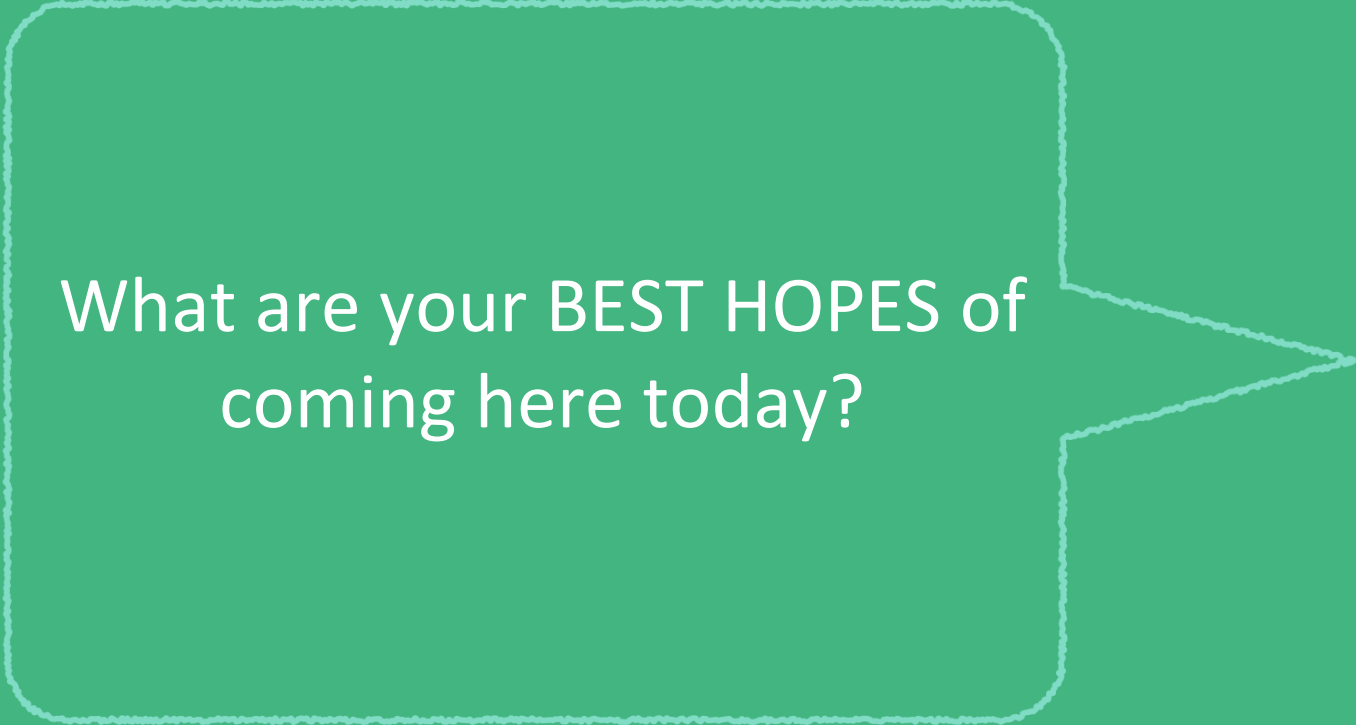
Left Turn Solutions

President, Australasian Solution Focused Association

Chairperson, Journal of Solution Focused Practices

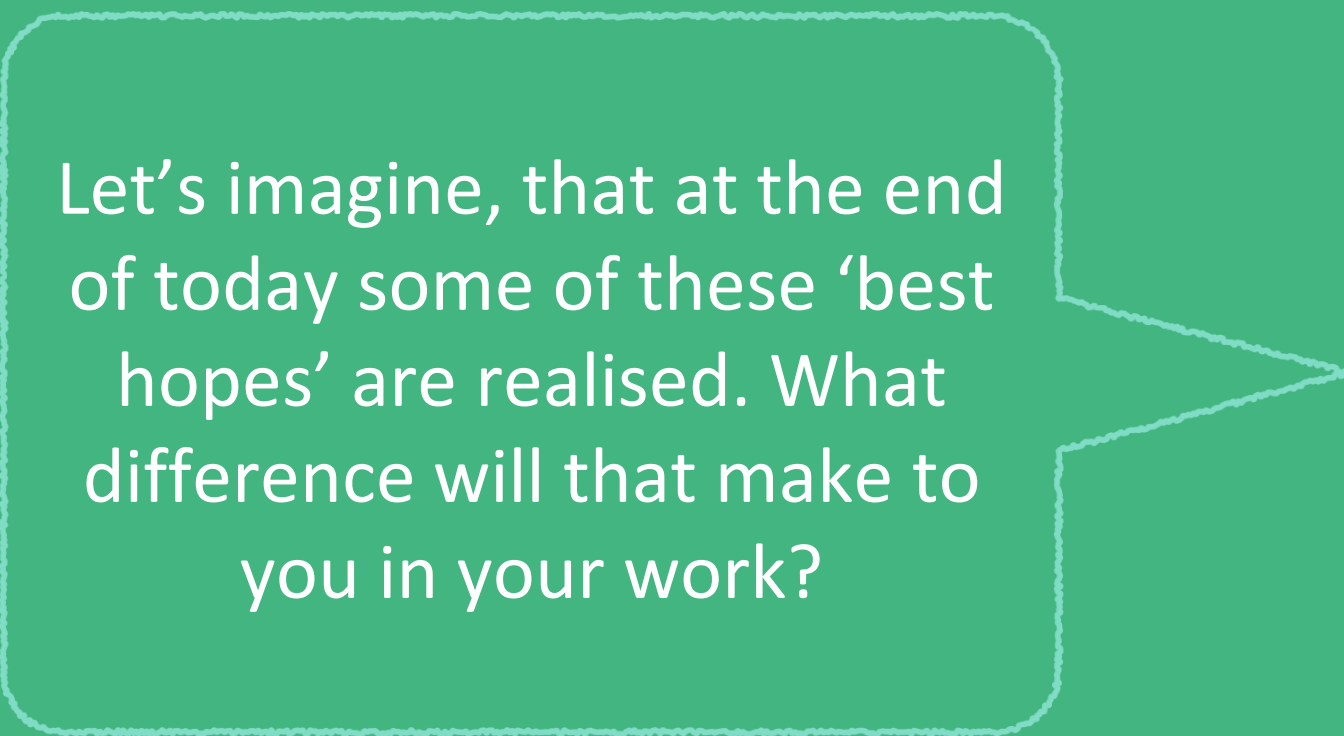


On a scale of 0 - 10
How do you rate your knowledge
of SFBT?



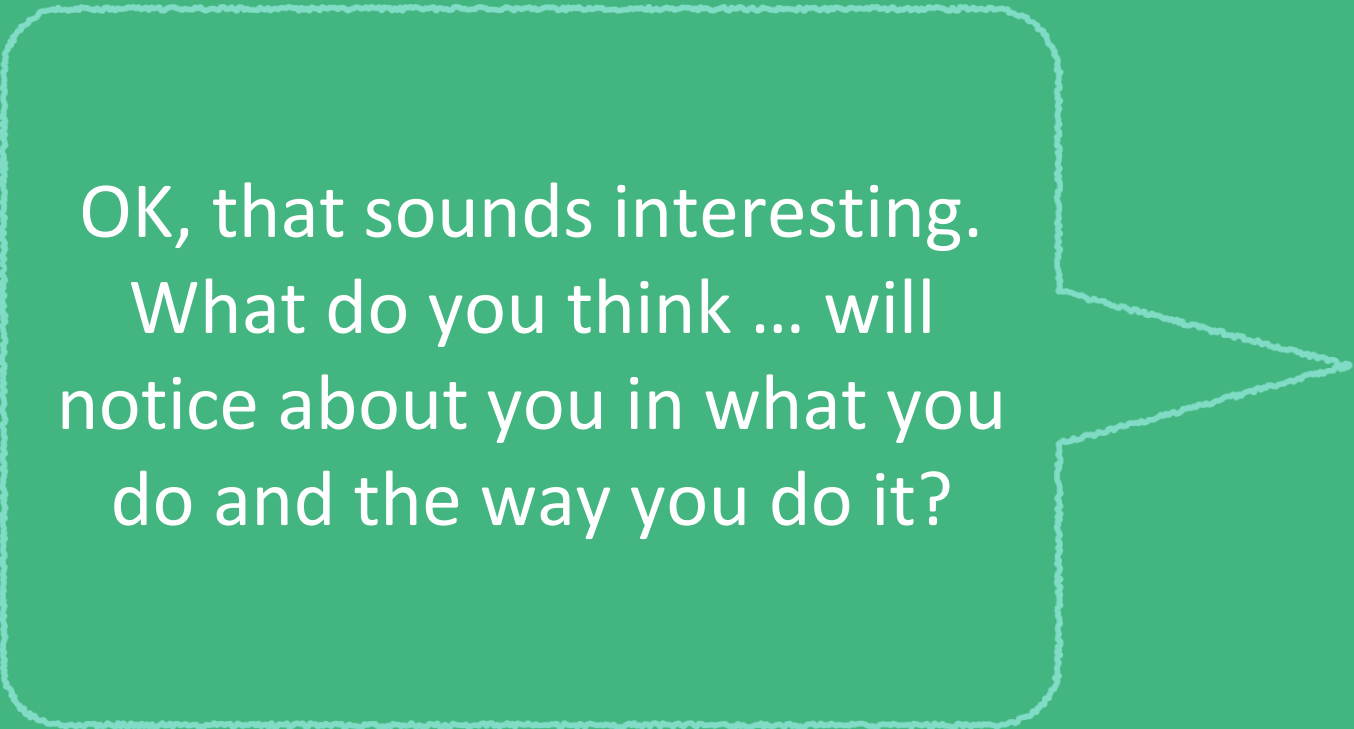
What are your **BEST HOPES** of
coming here today?





Let's imagine, that at the end of today some of these 'best hopes' are realised. What difference will that make to you in your work?





OK, that sounds interesting.
What do you think ... will
notice about you in what you
do and the way you do it?



#1

This video was “it’s not about the nail”. You can find it on youtube, see the links on the last slide

#1

Thinking about the video that you have just seen, discuss and speculate about: What is Solution Focused Brief Therapy?

please discuss and write down your thoughts on the paper provided

#2

The upcoming slides were about the crippled Qantas flight. I am sorry but I have to remove the media files otherwise the email is too big to send

I recommend watching the movie “Apollo 13” and look for SFBT hidden in the movie.



#2

Thinking about the audio that you have just heard, discuss and speculate about: What is Solution Focused Brief Therapy?



2295-FR1583 Flight director Gene Kranz (ED HARRIS) communicates with the Apollo 13 crew from Mission Control.

#3

You can find a link to the video on the last slide

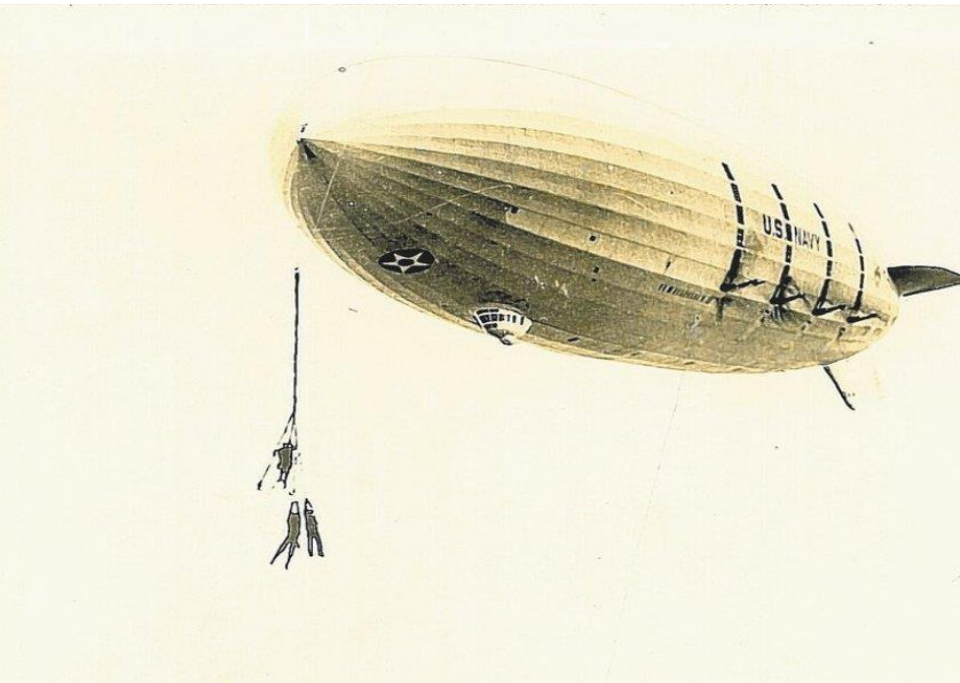
Story comes from here (and other place):

https://en.wikipedia.org/wiki/USS_Akron

USS Akron

This story is about an airship crew with the USS Akron

<https://www.sandiegouniontribune.com/sdut-airships-1932-visit-sd-brought-tragedy-2009dec05-story.html>



#3

Thinking about the story that you have just heard, discuss and speculate about: What is Solution Focused Brief Therapy?

#4

This video was from “Patch Adams”
You can find it on youtube – see the links on
the last slide

Again, I recommend that you watch the
whole movie!

#4

Thinking about the video that you have just seen, discuss and speculate about: What is Solution Focused Brief Therapy?

So,

What is Solution Focused
Brief Therapy?

Time to share your thoughts.

What is SFBT? These are some previous notes

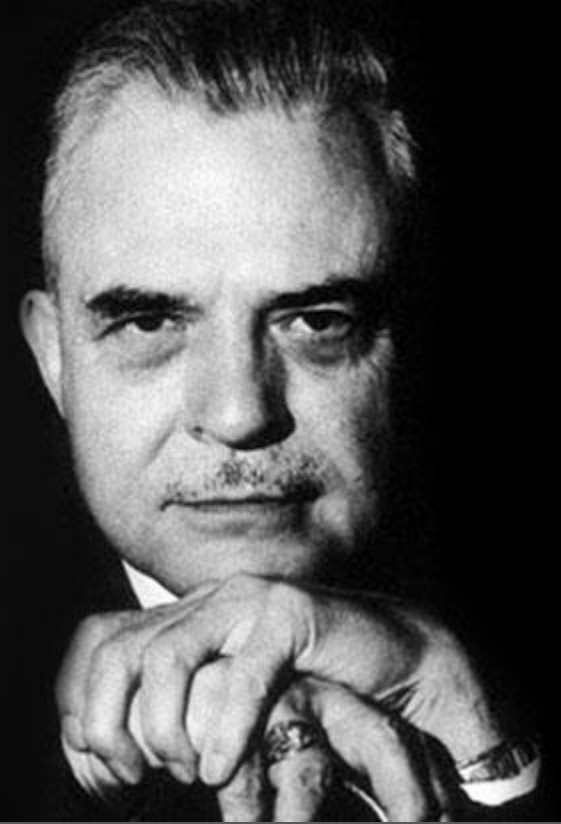
- We are not telling people what to do
- The solution is not necessarily directly linked to the problem
- A focus on what's working rather than what's broken
- Highlight and mobilise these things
- Keep looking up
- Hold on tight
- Take 1 step at a time (small steps)
- We are not looking for problems (diagnosis)
- Solution focused, not problem focused
- Looking for a “preferred future”

What is SFBT? These are some previous notes

- Validating emotion, not focusing on the problem.
- The relationship/person is more important than the problem.
- Focus on where I want to go, rather than the problem (what is beneath me).
- Seek out a positive future
- Recognising that there are some things you just can't do anything about.
- Moving forward.
- Looking at what's working.
- Seeing past what is actually in front of you.

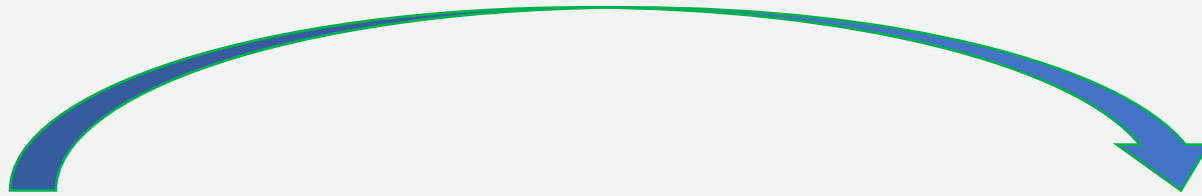
People do not come
into therapy to change
their past but their
future.

Milton Erikson



The Solutions-Thinking ABCD model for “better”

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



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

A Where A re you?	C C urrency and C onnections	D D oing	B Where do you want to B e?	

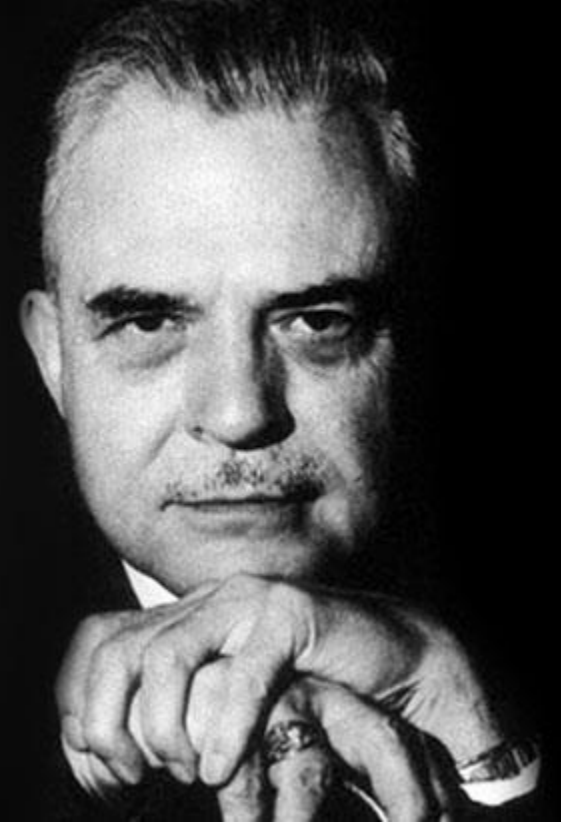
Adapted from: McKergow & Jackson (2007), Baeijaert & Stellamans (2011)

“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.

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

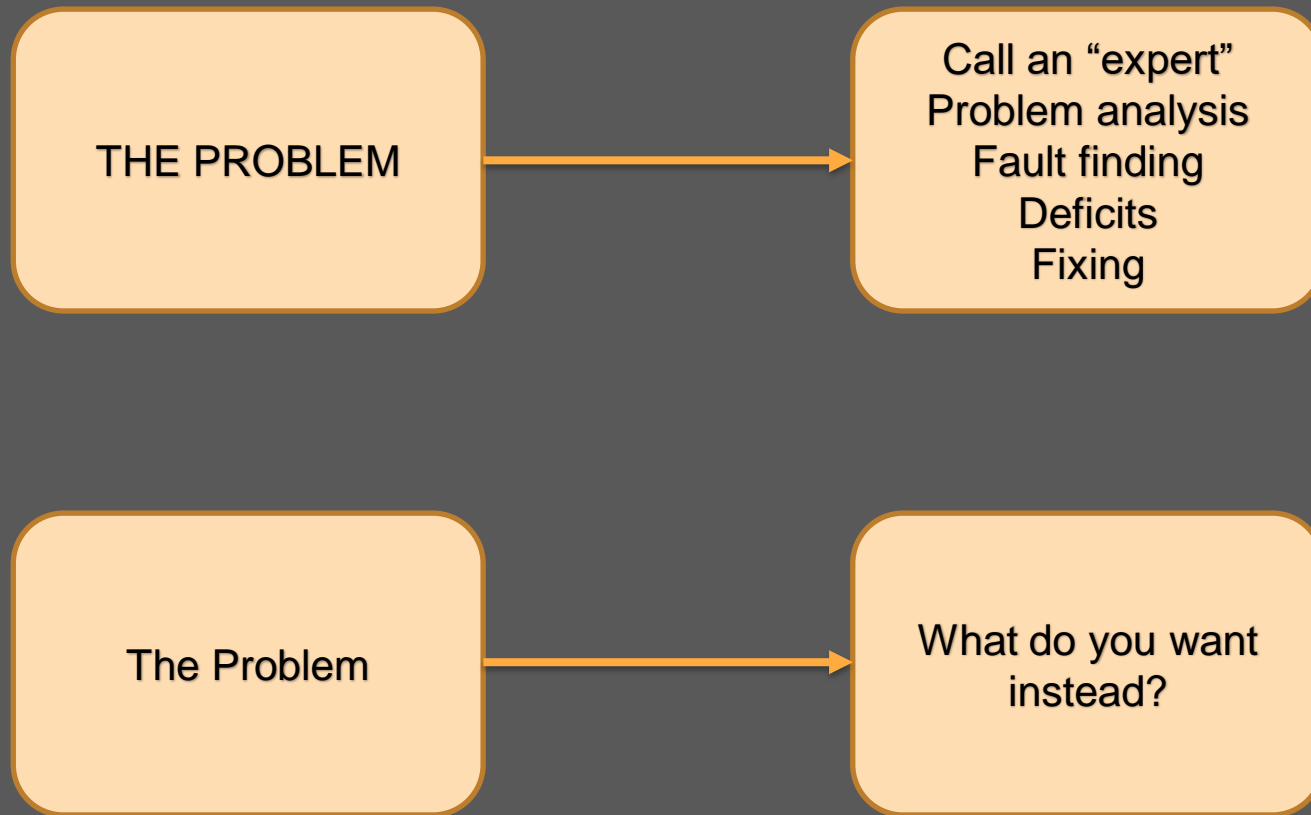
Milton Erikson

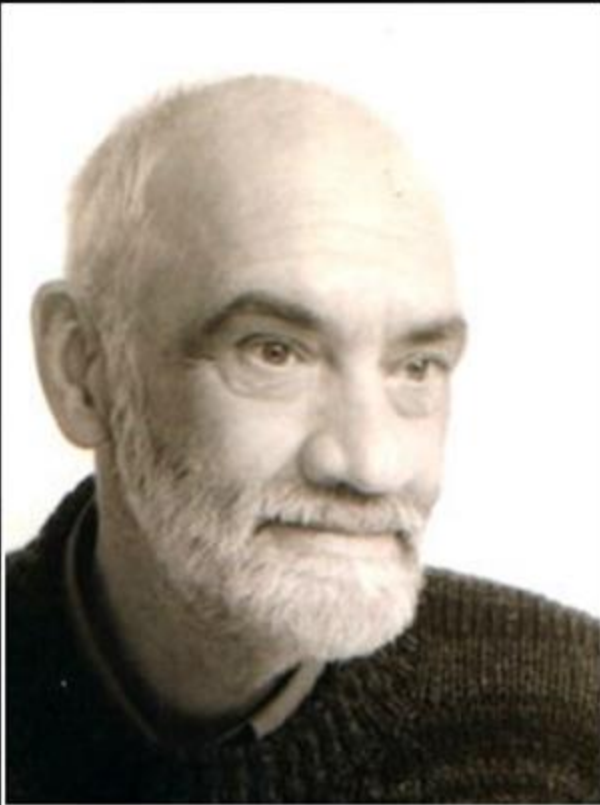


“One advantage of this type of perspective is that it tends to change the nature of what one finds in [clients]. Simply stated, if one studies only [clients’] problems, one finds only problems.”

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

2 different ways of thinking





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* —

History

During the mid 20th century many psychotherapists were becoming dissatisfied with traditional psychotherapy.

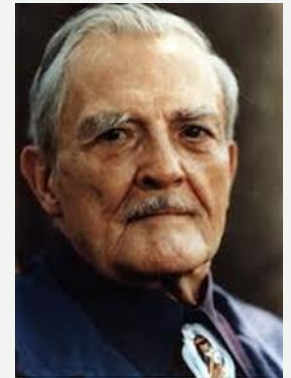
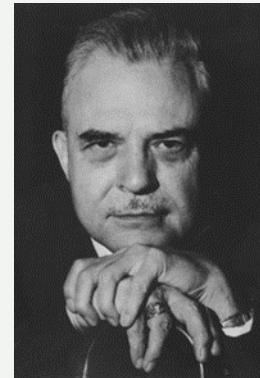


Visser, C.F 2013, "The origin of the Solution-Focused Approach", *International Journal of Solution-Focused Practices*, vol. 1, no.1, p. 10

History

A number of therapist started to look for ways to make therapy briefer and goal orientated

One pioneer of this first wave of change was *Milton Erickson*



Erickson did not believe in diagnostic labels and strongly believed in the power of people

He did not believe in the need for long term therapy but that even small change by the client was often enough to set a process of larger change

Visser, C.F 2013, "The origin of the Solution-Focused Approach", *International Journal of Solution-Focused Practices*
vol. 1, no.1, pp. 10-11

History

SFBT was developed during the 1980's by Steve de Shazer, Insoo Kim Berg and team in Milwaukee USA.



Bannink, F.P, (2007), "Solution-Focused Brief Therapy", *published online, Springer Science+ Business Media*
22 February 2007, p.87

What is it?

- Solution Focused Brief Therapy is an approach to psychotherapy based on solution-*building* rather than problem solving
- It is a strengths based therapy: It explores a persons current resources and skills, as well as their future hopes
- It is a brief therapy
- It can be used in conjunction safely with other treatments
- It is a forward-looking therapy. Finding ways to elicit and describe future goals is the corner stone of SFBT

Iverson C. (2002) "Solution-focused brief therapy", *Advances in Psychiatric Treatment*, vol. 8 no. 2, pp. 149-156

What is it?

- ~~It is a brief therapy~~
- It is a model or an approach to care, support and treatment
- It is more than a collection of tools
- It is a perspective
- It is a language
- It is a culture

In summary :

- You (we) don't need to know the problem in order to fix it
- The client is the expert on their own lives, and their own goals are the focus of therapy
- All clients have the strengths and resources within themselves
- Small changes will lead to bigger changes

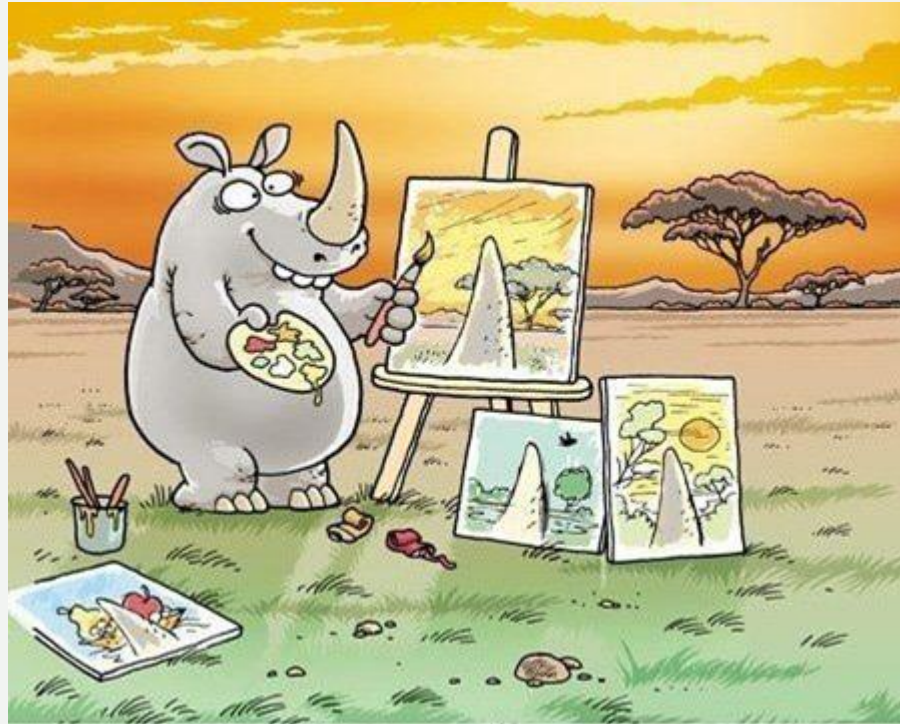
And also:

- The language/words we use will help to guide the therapy

1 - Common Project/Platform

The Starting Place

Sometimes it is all about perspective



Problem Focus or Solution Focus?

**IF YOU ONLY
FOCUS ON THE PROBLEM**



**YOU MIGHT
MISS THE EASY SOLUTION**

The problem with problems:

Contemporary assessments only serve to identify problems/diagnosis/illness.

Talking about problems only highlights the problems/deficits.

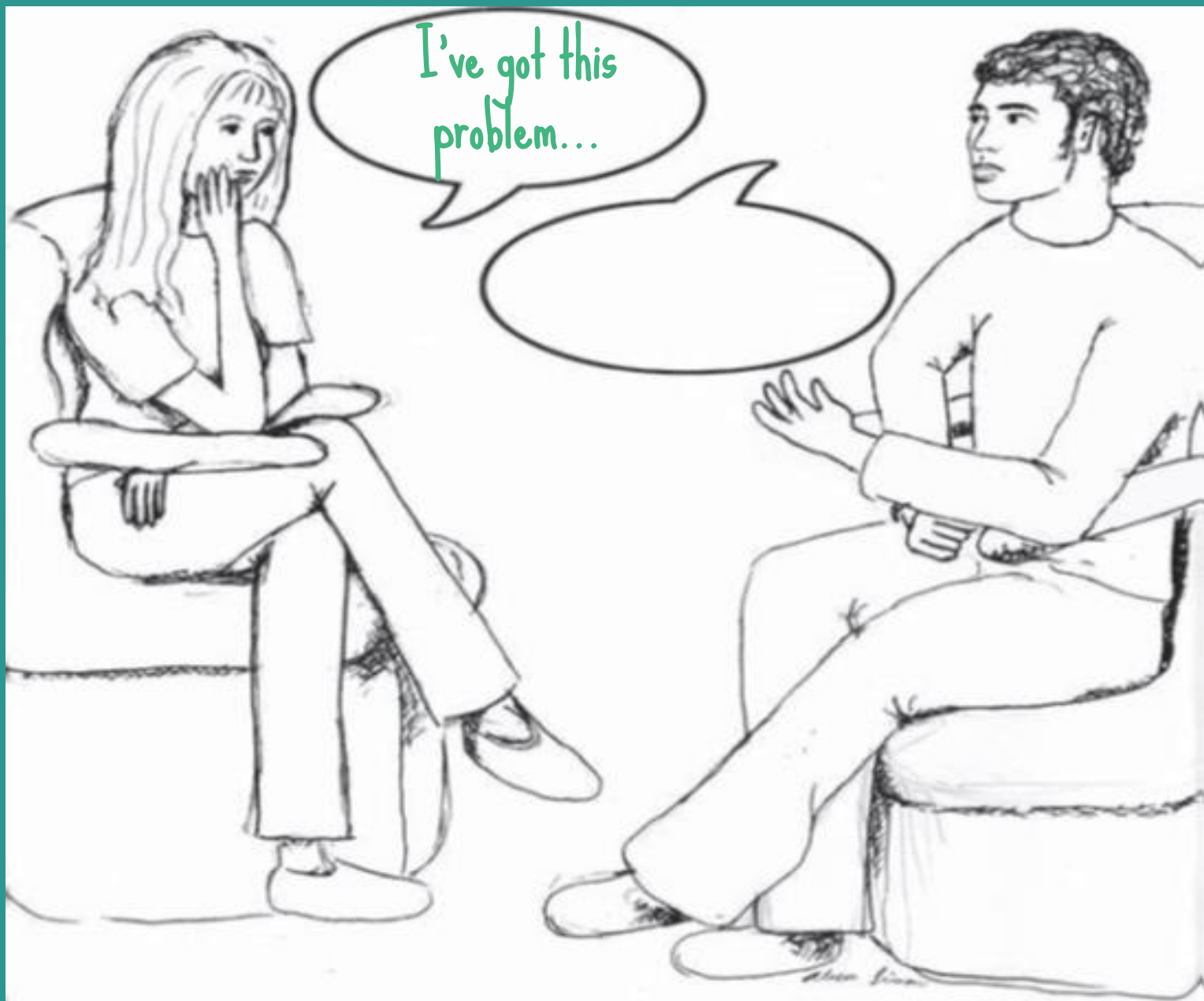
Identifying problems/deficits is not enough to mobilise change.

It's a very disempowering approach: staff/clinician/doctor/psych/teacher (as the expert) and client (the hopeless victim who needs someone to fix it for them).



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

LEFT TURN SOLUTIONS





“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



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

LEFT TURN SOLUTIONS

‘The question is not “What problem brings you to *therapy*?” but “What would you like to achieve by coming to *therapy*?” ’

Sharry, J., Darmody, M., Madden, B. (2002) “A solution focused approach to working with clients who are suicidal.” *British Journal of Guidance & Counselling*, 30. Pp. 383-399

“The counselor should approach every new problem in a Spirit of humility and in the conviction that regardless of how similar it may appear to others in his experience, it (the case) must be studied and treated as if it were totally new and unprecedented. ...

“Some Suggested Principles and Guides for Marriage Counseling” from Marriage Counseling: A Casebook (Mudd et al., 1958)

“... The uniqueness of personalities and their interrelationships as well as the complexity and unpredictability of human interaction must ever be kept in mind. Besides, professional personnel dealing with people in trouble must exercise the greatest possible caution lest they act on the assumption that they are endowed with special powers of omniscience. It is sometimes difficult for them to keep from believing in their own superior qualities and to refrain from acting accordingly.”

“Some Suggested Principles and Guides for Marriage Counseling” from Marriage Counseling: A Casebook (Mudd et al., 1958)

“... after a while some clients realize that even though the structure [of the interview] was what they expected the context was different. The solution-focused interviewer did not gather information about what was wrong. Instead s/he gathered information about what the client wants to be different and what the client and other people are already doing to make it happen. The solution-focused interview is a goal-focused interview. When people bring up problems we see this as a way to express that they want something to be different in their lives – they want to think, do or feel something other than what they experience as their problem. This means that when someone talks about something that is problematic to them there are always at least two possibilities.

The interviewer can try to figure out more about what the client thinks about the problem or the interviewer can try to figure out what the client wants/hopes will be different. The solution-focused interviewer will in principle always choose to try and figure out what the client hopes will be different.

It is also much easier to develop a respectful relationship with someone when the focus is on that person's goal. The reason for this is simply that problems – talking about problems – will highlight the person's deficits and lack of resources while talking about the person's goal will highlight competency and skills. These are the things that make it possible to start a therapy session with a focus on what the client wants to achieve rather than on the problems that brought the person to see us. THE SHIFT IS DRAMATIC.

When we listen carefully not only to the words the client uses but also to the way s/he talks, we quickly learn to know when we are in a dialogue where we have a common project – a platform for the miracle question – and if we can start creating a miracle picture. When the client has an idea about what s/he will start to DO, FEEL, THINK if talking to us was helpful – when there is a direction for change – a purpose in the conversation – then this purpose, this idea about a less problematic future becomes the platform for the miracle question.”

Dr Harry Korman, SIKT, “The Common Project” June 2004, pp 1-14

Check out Harry’s website for a few great papers: <http://www.sikt.nu/publications/>

2 - The Miracle Question

The Destination

The Destination

- Focus on where they are going, not where they are now
- Miracle Question
- Detail, detail, detail

“Annie Hall: Oh, you see an analyst?

Alvy Singer: Yeah, just for fifteen years.

Annie Hall: Fifteen years?

Alvy Singer: Yeah, I'm gonna give him one more year, and then I'm goin' to Lourdes.”

Annie Hall 1977

For some videos about the miracle question, scaling and other things, please see the link on the last slide. These videos are from the original SFBT team. They are a bit old but they are a good place to start. They are also freely available on youtube.

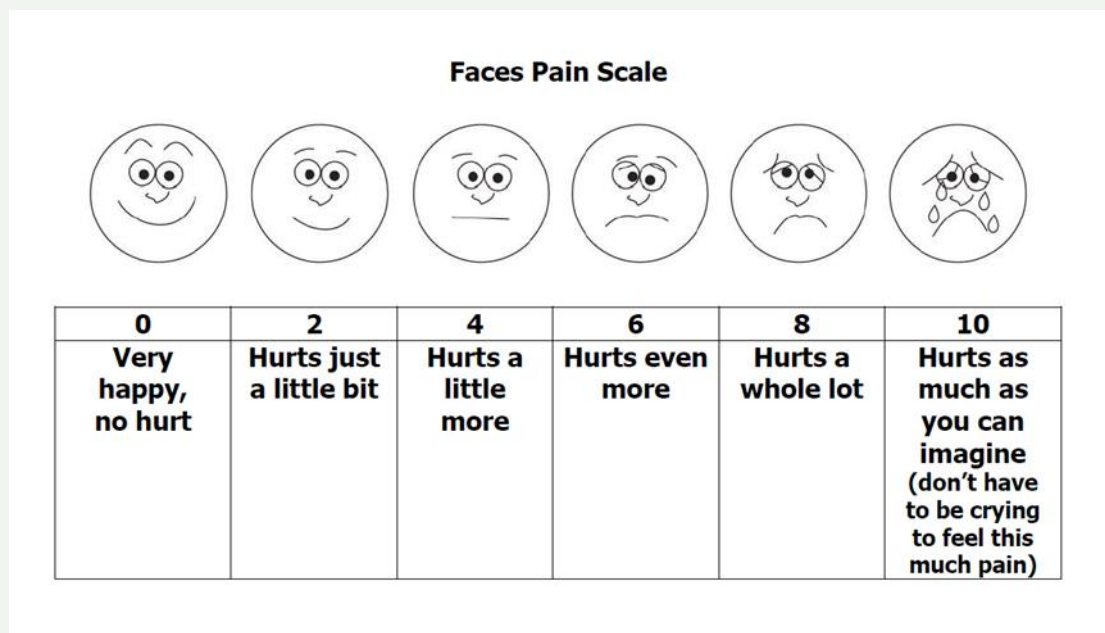
The Miracle Question

Constructing a vision for/of a preferred future

I'm going to ask you a strange question ... [flagging a change in focus]
Lets imagine ... [introduces the hypothetical nature of the question]
... that you go home from here, do whatever you normally do, have dinner ... and eventually you go to bed, and you go to sleep ... [the context for the miracle is in the clients' ordinary everyday life]
... and while you are asleep a miracle happens ...
... and the miracle is that the problems that brought you here are solved ...
... but because you are asleep you don't actually know the miracle has happened ...
... when you wake up, what will be different? What will be the first thing you notice that will tell you that this miracle has happened?

3 - Scaling Questions

The Journey



3 - Scaling Questions

THE BECK DEPRESSION INVENTORY

Total Score _____

Levels of Depression

1-10 These ups and downs are considered normal

11-16 Mild mood disturbance

17-20 Borderline clinical depression

21-30 Moderate depression

31-40 Severe depression

over 40 Extreme depression

**A PERSISTENT SCORE OF 17 OR ABOVE
INDICATES THAT YOU MAY NEED MEDICAL
TREATMENT.**

http://drjeremybarowsky.com/site/wp-content/uploads/2013/07/JB_Assessment-Tools_Depression_07_17_13.pdf

The Journey ARE WE THERE YET???!!!



Well ... Are We??

- Small steps
- How will you know that you are getting closer to your destination?
- What will be some things I notice?
- Who will be the first to notice that you are starting to move towards your destination?
- What will they notice?
- What difference will it make to you when these things start to happen?



**What is the difference between
traditional scaling, and scaling in
SFBT?**

Again, please see the links at the end

Assumptions in SFBT

Change is happening all of the time

If it works, don't fix it. If it doesn't, do something different

Motivation is more likely when clients are viewed as competent and experience themselves as having agency

Change happens by people experiencing themselves as competent and successful

A focus on the possible and changeable is more helpful than a focus on the overwhelming and intractable

Further training
Community of Practice
General info
What else?

Community of Practice



network meeting

ASFA & JSEFP



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www.solutionfocused.org.au

LEFT TJRN SOLUTIONS

ASFA & JSFP

JOURNAL OF
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FOCUSED
PRACTICES JSFP

UNLV
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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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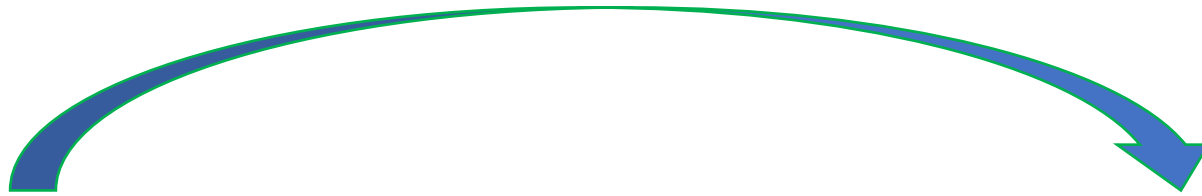
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www.leftturnsolutions.com.au

The Solutions-Thinking ABCD model for “better”

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



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

A Where A re you?	C C urrency and C onnections	D D oing	B Where do you want to B e?	

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

If you are an SF-nerd like me, then have a listen to this Spotify play list by Jonas Wells (from Switzerland). The challenge is to identify what bits of the song relate to SF (some are very obvious, some are not!)

Home
Browse
Radio

Gospel reggae
Jack Johnson
Jed's songs
Consultation-Liais...
Starred
maddys good songs
Best of Angus & Ju...
Mum's songs
Disney songs
Hawaii
Windows Media ...
iTunes
New Playlist

Search

dnahains

PLAYLIST

Solution Focus playlist

Created by Jonas Wells · 792 songs, 50 hr 8 min

PAUSE

FOLLOWERS 194

Download

Filter

TITLE	ARTIST	ALBUM	
10/10	Paolo Nutini	10/10	2013-10-20
25 Miles	Edwin Starr	I Love the 60's: V...	2013-10-21
4'33"	John Cage	4'33"	2020-03-25
50 Ways to Leave Your Lover	Paul Simon	Still Crazy After A...	2020-01-16
The 59th Street Bridge Song	Simon & Garfunkel	Parsley, Sage, Ros...	2017-09-24
5 Years Time	Noah And The W...	5 Years Time (eSi...	2014-12-01

Always Look On The Bright Side
Monty Python

0:35 3:27

Start

9:16 PM 17/06/2020

Videos

The SFBT interviews can all be found here:

<https://www.youtube.com/user/andrewstrainingvideo>

It's not about the nail

<https://www.youtube.com/watch?v=-4EDhdAHrOg&t=1s>

USS Akron

https://www.youtube.com/watch?v=pF5_OLJGPQY&t=11s

Patch Adams

<https://www.youtube.com/watch?v=bKLQBuSPVwQ&t=1s>

More Videos

Here are a couple of colleagues from the UK role playing the miracle question:

<https://www.youtube.com/watch?v=jT-dnpNi0TA&t=299s>

This is Peter Szabo doing some scaling questions

<https://www.youtube.com/watch?v=EBuE5kjTmKw>

Insoo talks about the origins of SFBT

https://www.youtube.com/watch?v=vKKlbrw_0as

Podcasts & interviews

Simply Focus – the biggest podcast in the world relating to SFBT.

Keep your eyes open for No. 103

<https://www.sfontour.com/simplyfocuspodcast/>

UKASFP Podcasts

<https://sfpodcast.podbean.com/>

David being interviewed by Alina Klibbel (from Romania)

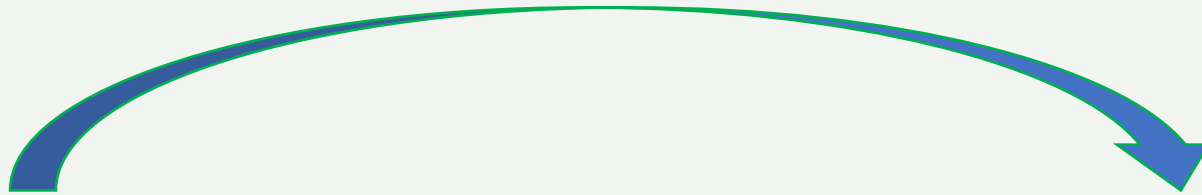
<https://www.facebook.com/watch/live/?v=798577700550918>

An interesting interview with Elliott Connie and Adam Froerer talking about an SFBT session

<https://www.youtube.com/watch?v=VnsFCKx6t4A&t=813s>

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!!!

<p style="text-align: center;">A</p> <p>Where Are you?</p>	<p style="text-align: center;">C</p> <p>Currency Connections & Coping</p>	<p style="text-align: center;">D</p> <p>Doing</p>	<p style="text-align: center;">B</p> <p>Where do you want to Be?</p>
<p>Problem-free talk</p> <p>Best Hopes</p> <p>Common Project</p> <p><u>Orientation</u> to a “Preferred Future”</p>	<p>VIP’s</p> <p>Strengths</p> <p>Exceptions</p>	<p>Scaling Questions</p> <p><i>Step by step</i></p> <p><i>What will be different?</i></p> <p><i>What will people notice?</i></p>	<p>Preferred Future</p> <p>Miracle Question</p> <p><i>detail, detail, detail</i></p>

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

LEFT TURN SOLUTIONS