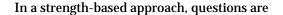
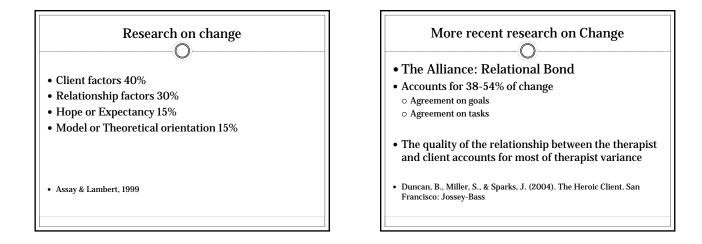


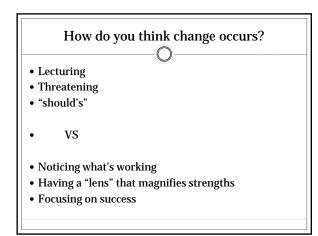
About quitting something from a SFBT perspective...

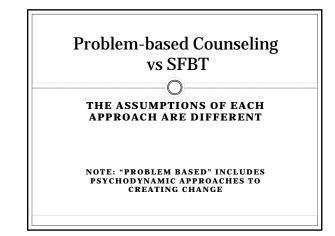
- How did you do it?
- Compared to all the times in the past that you thought of quitting and wanted to but didn't, how did you make it happen this time?
- What helped you stick with it?
- What made the difference this time?
- What's your theory about how you got this change to occur?

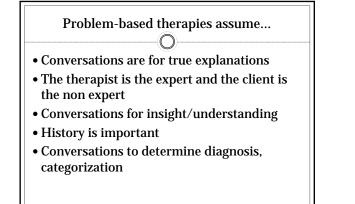


- Curious... a posture of "not knowing"
- Look for exceptions to the problem... most problems don't occur all the time
- Respectful... must be genuine
- Complimenting... directly or indirectly
- Future focused... connect to goals



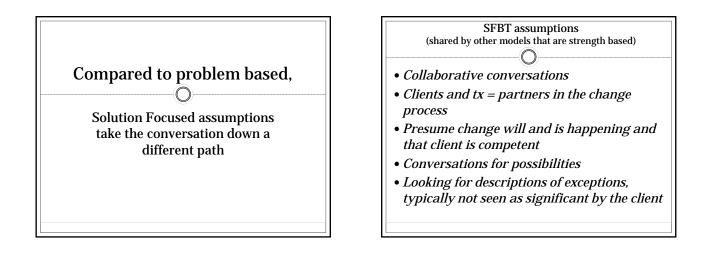






More problem-based assumptions

- Conversations for expression of emotion, focus on feelings, "*How did you feel about that?*"
- Adversarial conversations
- Conversations for identifying pathology, inability, hidden agendas
- Counselor's goals >>> predominant

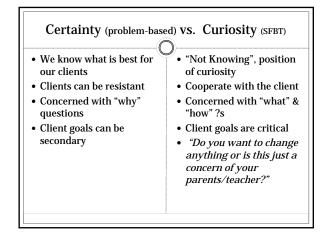


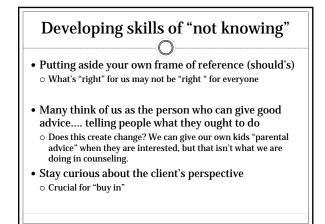
More SFBT assumptions

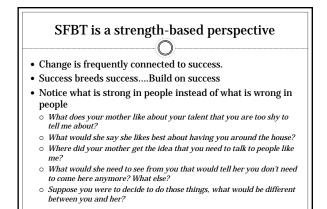
- Expression of emotion does not necessarily bring about change
- People have tried to solve their problems... attempts have not worked
- People are resourceful even if unaware

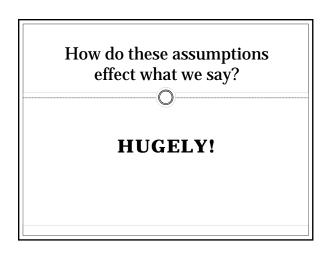
Insight or Problem-based approach

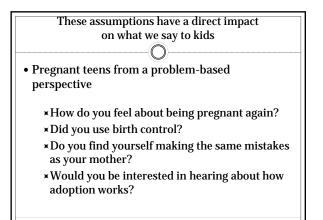
- In a problem-focused (traditional) approach, the assumption is that if the person understood why they were stuck, that person would be able to change their behavior or thinking
- · Story of the couple, man is heavy smoker
- Story of the man who refused to wear his shirt to the dinner table
- Erickson and the depressed yg woman
- Insight doesn't guarantee that change will occur

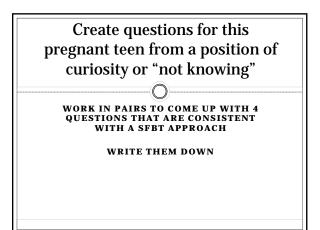


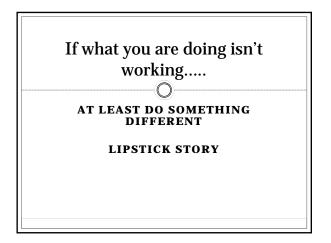


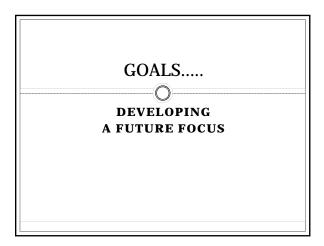


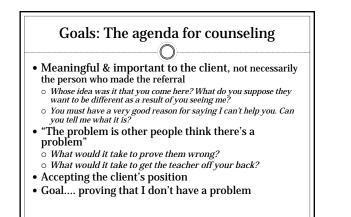


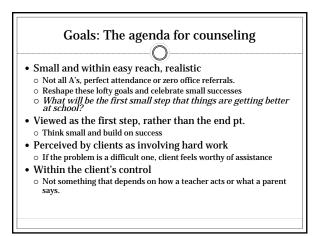


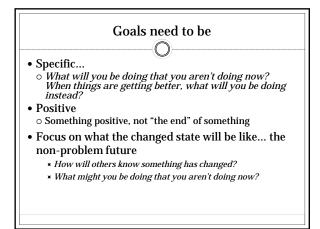






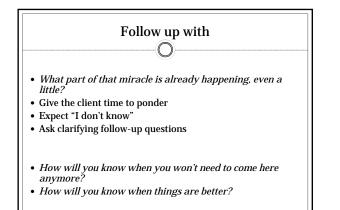


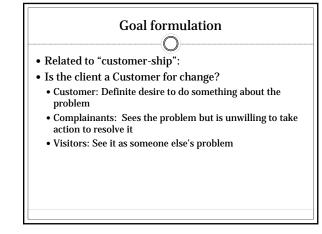


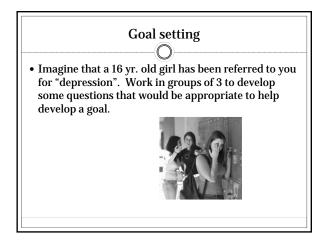


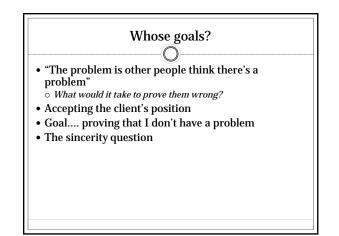


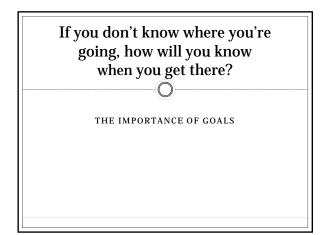
- Suppose that while you are sleeping tonight, and the house is quiet, a miracle happens and the problem that brought you in today is solved. However, because you are sleeping, you don't know the miracle has happened. In the morning, what will be different that will tell you a miracle happened?
- Suppose a miracle happened and the problem that brought you here today is solved. What will be different about your life?

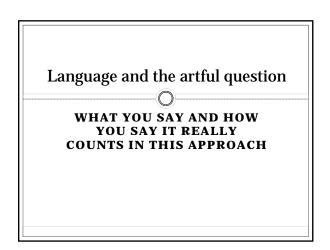


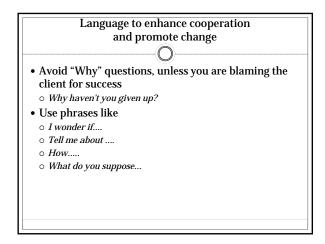


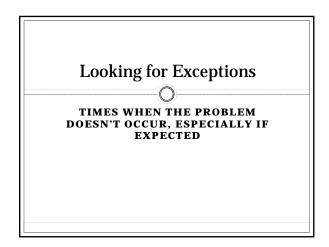


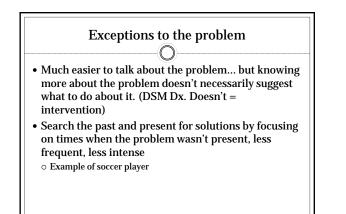


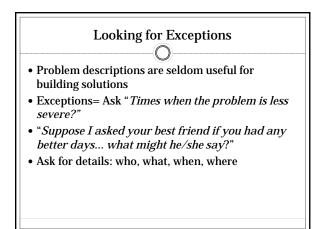






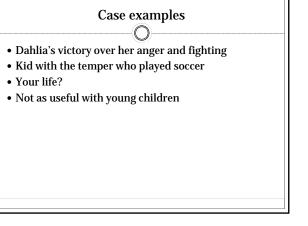


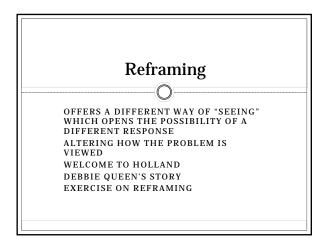


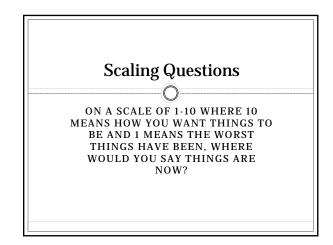


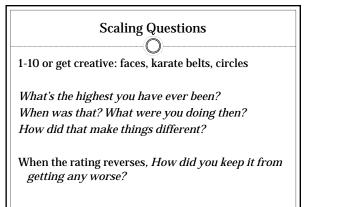
Focusing on Exceptions

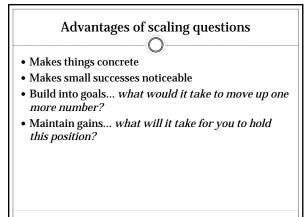
- Shrinks problems... Ask about details
- Demonstrate client abilities... *How do you suppose you did this?*
- Point towards solutions... *What would it take to repeat this?*
- Focus on what is possible... You already know what to do





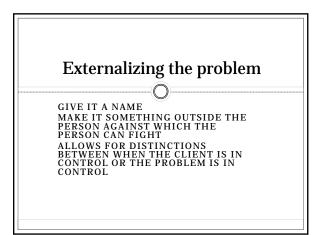


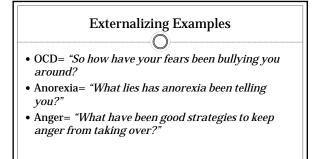


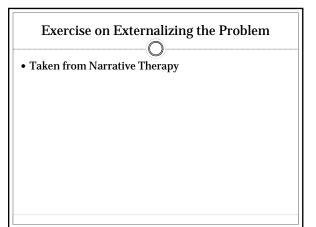


Scaling exercise: answer in pairs

- On a scale of 1-10, where are you in your quest to be a more competent counselor?
- What tells you that you are at a ____?
- What will it take for you to move up 10%?
- What is something specific you can do to make that happen?
- What will be different for you when you are at a ?





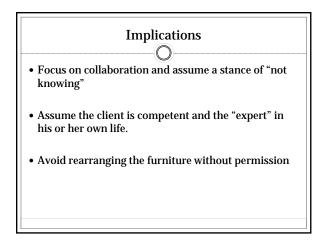


Techniques for speeding up change

- Validate client's concerns
- Compliment generously
- Interrupt respectfully
- Assume clients can changeBuild on small changes

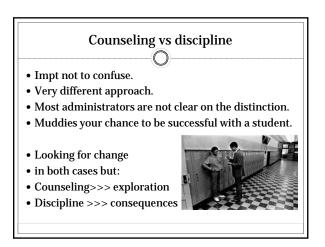


- Go lightly with archeological digs
- Begin each session focusing on what has worked



Implications 2

- Convey an attitude of hope and possibility without minimizing the problem or pain
- Encourage clients to focus on the present and future possibilities rather than past problems
- De-emphasize diagnosis and labels



To review, SFBT techniques

- Counseling and discipline are different
- In SFBT.....
- Setting goals (miracle question)
- Looking for Exceptions
- Reframing
- Scaling
- Externalizing the problem

