



Solution-Focused Therapy

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Heritage University

Fall 2024 SOWK 581
Week 14

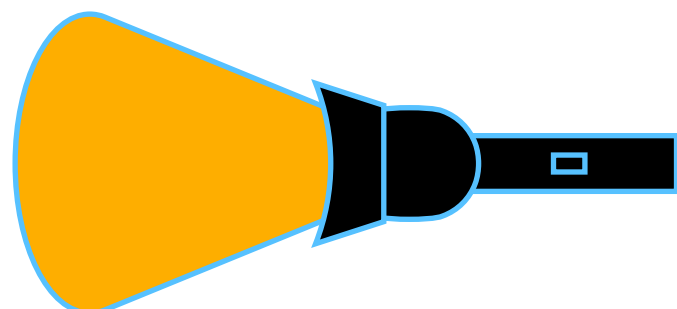
The Plan for Week 13

Agenda

- Apply for graduation
- Basics of solution-focused therapy
- Demonstration
- Solution-oriented Family Assessment
- Role-play activity

Learning Objectives

- Describe the type of questions and strategies used in solution focused-therapy.
- Conduct a solution-oriented family assessment to define and clarify the problem, engage in meaning-making, assess the customer(s) for change in the family system, set goals, and engage in collaborative treatment planning





Attn: Registrar
3240 Fort Road
Toppenish, WA 98948

Graduation Application for **GRADUATE** Degree
Apply TWO Semesters before your Graduation Date

Your degree **WILL NOT** be posted and will not appear on your transcript unless a) you have completed this Graduation Application AND b) you have fulfilled all degree requirements. All graduation requirements must be completed before participation in the commencement ceremony.

A. Print your name EXACTLY as you want it to appear on your diploma:

First Middle Last Student ID Number

B. Please check the degree you are applying for:

MA in Mental Health Counseling

MA in Multicultural English Literature and Language Literature Writing Generalist

MSW in Social Work (select one): Traditional Advanced

MEd in Educational Administration (select one): Principal Program Administration

MIT in Elementary Education (K-8) Traditional Route

MIT in Elementary Education HU Accelerate, Alternate Route (select one if applicable): BLE/ESL SPED

MIT in Elementary Education HU Residency, Alternate Route (select one if applicable): BLE/ESL SPED

OTHER: _____

C. Courses yet to be completed:

D. All courses will be completed by the end of (select term enter year): Fall Spring Summer Year: 25

E. Catalog Year Graduating Under: (enter year) 20-21, 21-22, 22-23, 23-24, 24-25, 25-26, 26-27, 27-28 Year: 24-25

Catalog Year for the degree/major cannot be changed on this form. Please submit a new declaration of major form to change the year.

Signature of Applicant for Graduation/Date

Sign and Date

Signature of Academic Advisor/Date

Signature of Department Chair/Date

Note: Once the Registrar's Office receives your completed Graduation Application, you will receive an e-mail in approximately 2-4 weeks advising you of your remaining requirements. Please contact the Registrar's Office with any questions.

Processed in J1: _____

Form Effective: 2024 mn

Graduation Application

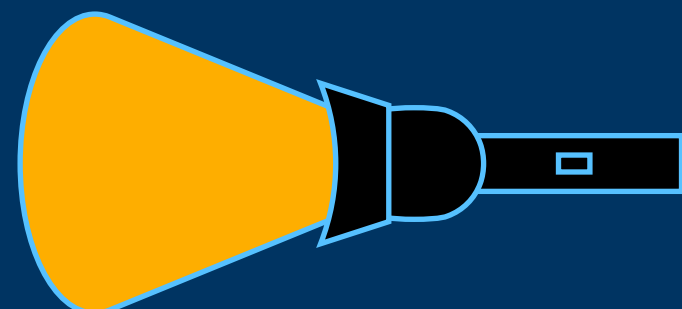
Wait, OMG... are we almost there?

If you know ID, add it otherwise we will

SOWK 580, 581, 582, 590, 595, 585, 586, 587, 591, 596, 588, 589

Being focused on solutions doesn't negate the importance of the collaborative process.

Collaborative Solutions



Focus of Treatment for Solution-Focused Therapy

is on developing goals that assist the client to transition from



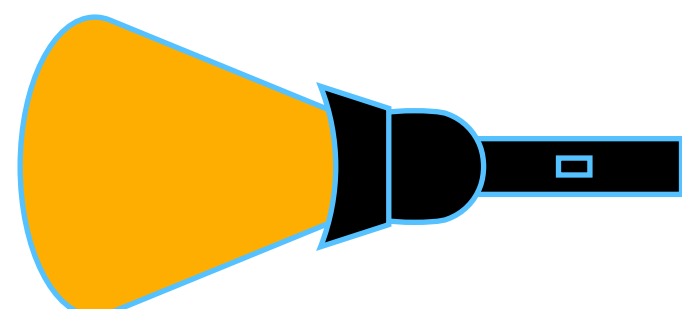
The change doesn't have to be monumental. In SFBT, we often look for small changes

Hopelessness



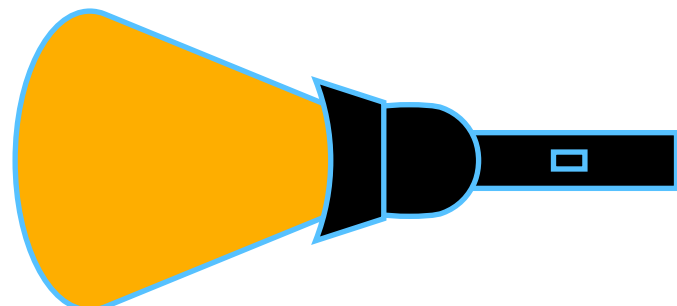
Hopeful

about the possibility of change



Types of Questions Used in Solution-Focused

- **Presuppositional Questions:** define the “who,” “what,” “how,” and “where” of goal attainment
- **Exception Questions:** draw attention to when the problem is not experienced
- **Scaling Questions:** A quantitative measurement of the client’s problem
- **Coping Questions:** How have managed in circumstances
- **Problem Tracking Questions:** Interactive way of viewing the problem
- **The Miracle Question:** What would life look like if a miracle happened?



Indirect Compliments

Imply

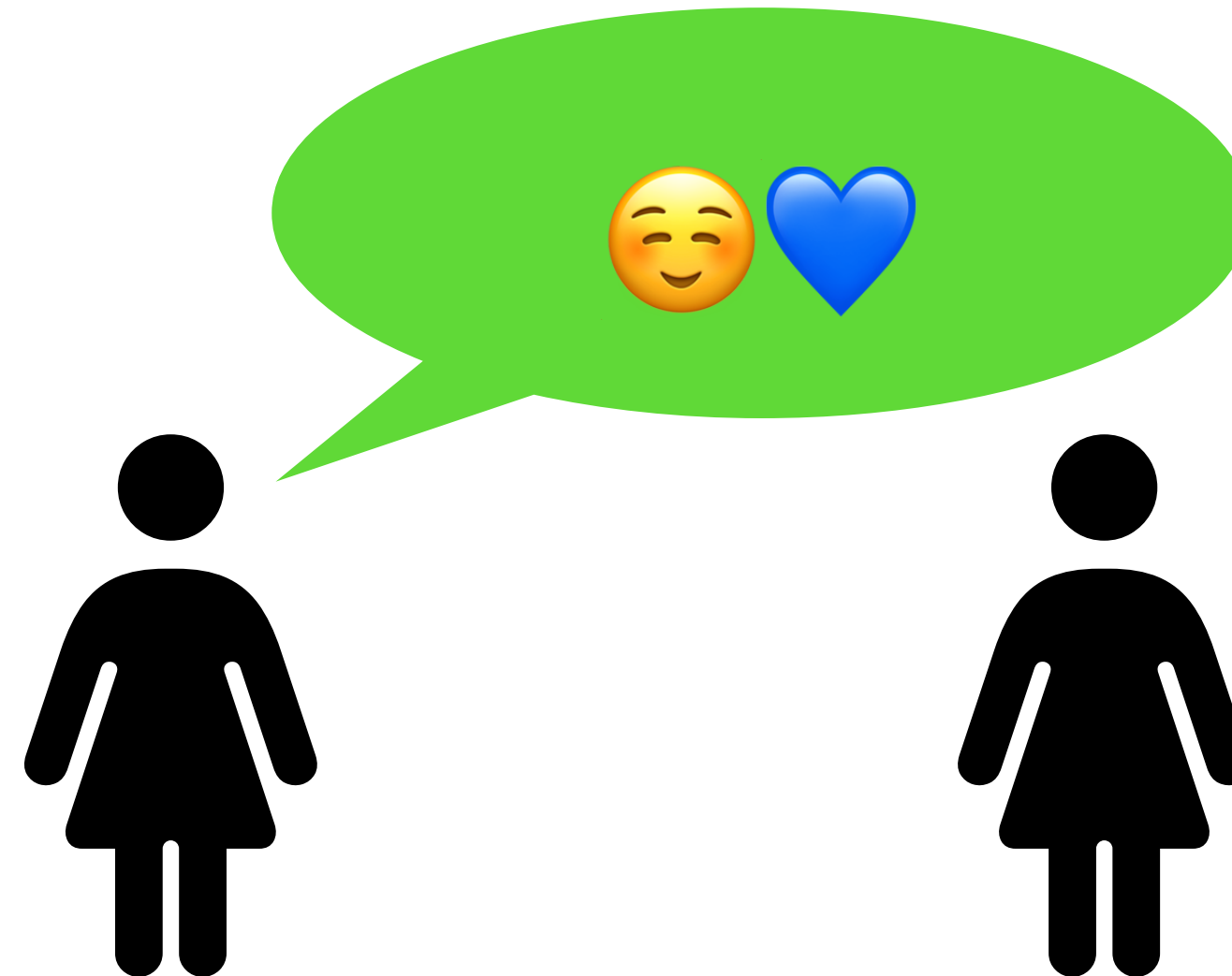
- ... something positive about the client
- ... something positive through a relationship
- ... that the client knows what is best

Direct Compliments

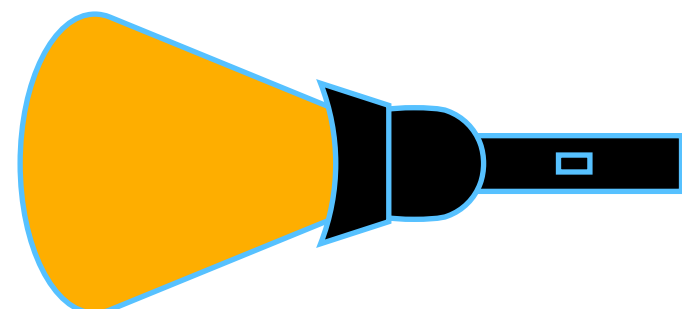
Directly stated observations of clients' successes

Self-Complimenting

are opportunities to recognize and reinforce signs of progress and reinforce them with indirect complements



Three Types of Compliments

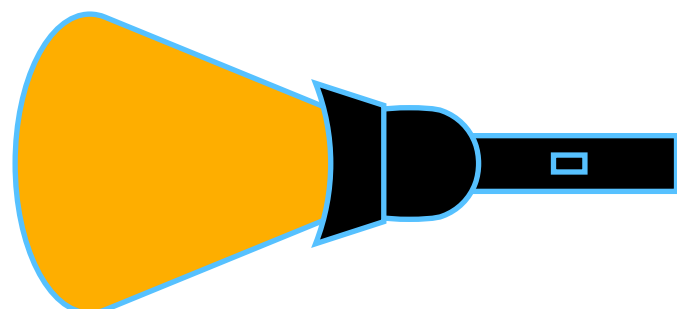


Solution-oriented Family Assessment

Five Components

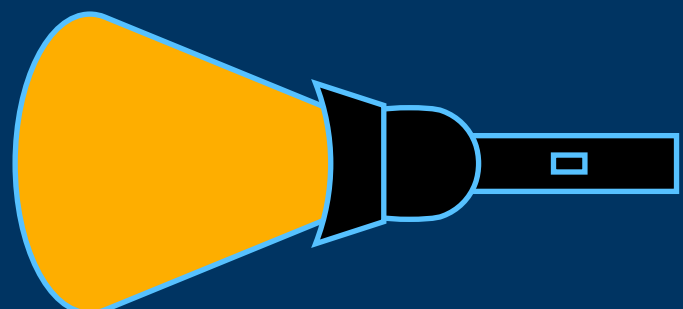
1. Defining and clarifying the problem
2. Meaning making
3. Determining the real customer(s) for change
4. Coauthoring a new family story, and
5. Co-constructing the “blueprint for change” plan.

Interdisciplinary
collaboration is
thought to be useful.



Role Play Prep

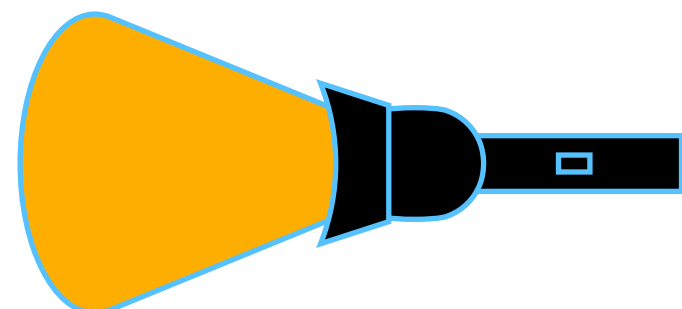
- Think about the five components of solution-oriented family assessment and the techniques of solution-focused therapy.
- Pick a role-play and assign roles. If you need to add or subtract members, talk and develop a plan as a group. If it works, having someone just as an observer is okay.
- Spend time prepping as a team (what questions might you ask the family and what potential responses might occur)



The Robinson Family

Role-Play Case

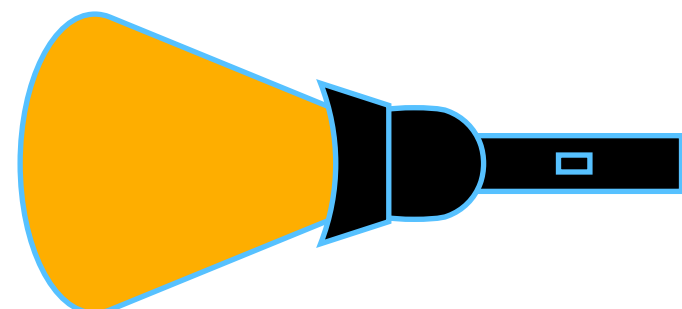
- Patricia (Mom, 38): Recently divorced, working full-time as a nurse. She feels overwhelmed by balancing work and parenting her two children and struggles with guilt about the divorce's impact on her kids.
- Liam (Son, 14): A quiet and introverted teenager who has started skipping school and isolating himself in his room. He feels caught in the middle of his parents' conflicts and worries about his future.
- Ella (Daughter, 9): A cheerful but anxious child who seeks constant reassurance from her mother. She's having trouble sleeping and often expresses fears about her mom leaving her.



The Nguyen Family

Role-Play Case

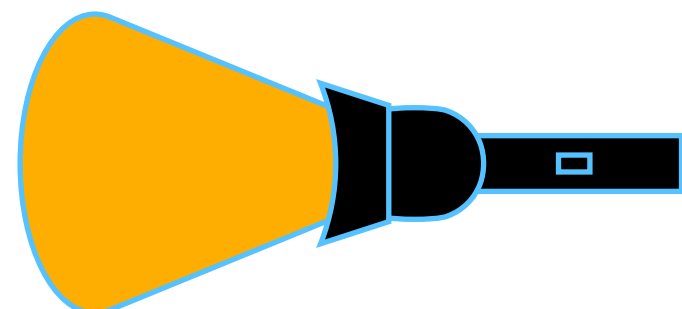
- Kim (Dad, 42): A first-generation immigrant who works two jobs to support the family. He feels disconnected from his children due to long work hours and worries about them losing touch with their cultural roots.
- Mai (Mom, 40): A stay-at-home parent who struggles with loneliness and feeling unsupported. She wants to strengthen her relationship with her husband and teach her children the value of family traditions.
- An (Daughter, 17): A high-achieving high school student who feels immense pressure to succeed academically. She's experiencing burnout and conflict with her parents over their high expectations.
- Minh (Son, 12): A bright and creative child who struggles with attention issues at school. He feels overshadowed by his sister's accomplishments and wishes for more one-on-one time with his parents.



The Morales Family

Role-Play Case

- Carlos (Dad, 35): Recently laid off from his job, Carlos feels ashamed and frustrated, which has led to increased tension at home. He struggles to express his emotions and feels distant from his family.
- Rosa (Mom, 34): A part-time retail worker who is trying to keep the household together financially and emotionally. She feels overwhelmed by her responsibilities and is worried about her husband's well-being.
- Javier (Son, 16): An outgoing teenager who has been getting into fights at school and pushing boundaries at home. He feels frustrated by his father's withdrawal and struggles to find a positive outlet for his energy.
- Sophia (Daughter, 10): A sensitive child who often acts as the peacekeeper in the family. She feels anxious when her parents argue and worries about the family's financial struggles.





Prediction task

Do something different task

Pretend the miracle happened task

