

Solution-Focused Counseling Verbatim (using Gerard Egan's Model)

This was based on having the Apostle Paul as a client, who is in prison.

Stage One – What's going on?

1.1 Obtain the story

C: What brings you in today?

P: Well, I'm fed up! I should be out there preaching the Gospel but instead I'm sitting here chained up in Caesar's palace.

C: How frustrating!

P: It is! I've been in prison before, but never this long. Usually an Angel or an earthquake has been sent to set me free by this point!

C: So this is the first time you have had to endure so long? P: Yes, I feel trapped, like I'm totally powerless!

1.2 Reframe the story

C: How have you been able to make it through?

P: Well, I pray a lot.

C: Prayer is important to you?

P: Yes, it brings me peace when I'm frustrated and maybe God will get me out soon!

C: What else do you do to handle your frustrations?

P: I think of my letter to the Philippians and try to focus on the good.

1.3 Discover the issues that matter

C: How would things be different if you weren't stuck in here?

P: I would be back in action as the Apostle to the Gentiles.

C: Sounds wonderful! And what would that look like?

P: Well, I'd be preaching the Gospel and discipling people.

C: You have an important job! How would your life be different if you were preaching and discipling?

P: I'd feel like I was fulfilling my purpose and pleasing God!

Stage Two – What Do I Want?

2.1 Uncover Imaginative Possibilities (exhaust all ideas)

C: What are ways you could preach and disciple even now?

P: Hmm... You know, the guards don't know Jesus.

C: Great idea! How else?

P: I guess anyone who came to the palace could be preached to if I see them.

C: Good thinking! How else?

P: I could write letters to the churches I visited to help them grow.

2.2 Choose Realistic Goals

C: Which of these could you do that would have the greatest impact?

P: Probably writing letters or talking with the guard because I don't see many people here in the palace.

C: Good idea! How could you go about doing that?

P: Well, I'd need parchment, pen, some way to deliver them.

C: Makes sense. Where would you like to start?

P: I think I'll write the church in Galatia.

2.3 Find Incentives

C: How would writing the Galatians change your situation?

P: I wouldn't feel so useless. I'd get to be doing what God called me to do.

C: Sounds important! What will it be like when that happens?

P: Well, I think the people of Galatia would be thrilled to hear from me. They've been expecting me and were sad to hear I was in prison. So, they would be happy to be able to have me help them!

C: Seems like you would really be making an impact!

P: Yes! They are a good church but they are having some problems.

Stage 3: Now what?

3.1 Brainstorm Numerous Possibilities

C: Well then, how can you make this happen?

P: I'm going to have to get in better with the guards so maybe they'll help me.

C: Good idea, what else?

P: I'll need to contact Timothy, I think he'll take the letter for me and read it to them.

C: Great, what else?

P: I really need a lot of parchment because there is a lot to say.

3.2 Identify strategies with resources

C: Where would you like to start?

P: I think I'll start with contacting Timothy – maybe he will deliver and get me parchment.

C: Good thinking. What will you do this week to accomplish this?

P: I'll need help from the guards.

C: OK. How might they react?

P: I don't know.

3.3 Implement a viable plan

C: Who would be the best guards to talk with?

P: I think I'll try the night shift guard.

C: He's a good one, huh. Who else, if he isn't able to help?

P: I'll try the guard who comes on the Sabbath.

C: Alright, so what's your plan for to get this going this week?

P: I'll let them know that Timothy's parents have resources and can help their families. Then once I get connected with Timothy I can really get rolling.

C: Excellent. First, the night shift guard, if not, then the Sabbath guard and there's a good chance they'll cooperate to get resources from Timothy, who seems to have some available. I look forward to hearing how this works out for you so that you can keep teaching and discipling even now!