

Solution-Focused Counseling

Base Model by Gerard Egan (March 2010)

"The goal is not to fix their present problem but to give them the skills they are lacking to deal with any problem in life."

Stage One – What's going on? (Create Safety)

Discover VISION

1.1 **Obtain the story**- (Lower the emotional water level. Backdoor--- Front door. Join them in their mess! Incarnate.)

- What brought you here today? (LUV them! = Listen, Understand, Validate)
- How can I help you?
- What is it that made _____ suggest you come here?
- Is there something you want to talk about?

1.2 **Reframe the story** (Redirect to solution; withdrawals to Deposits, Look for exceptions. Customer of something.)

- So you chose...? How did that work out for you?
- How does this problem affect you?
- So what?
- Wow, how are you able to function with this _____ (big issue)?
- What would have made them say that about you?
- How are you going to get that stupid judge off you?
- What are 5 positives that you see?

1.3 **Discover the issues that matter** Move to VISION

- If I had a magic wand and removed the problem, how would your life be different? How would you know your problem was removed? What has changed?
- If a miracle was to happen what would it look like?
- And what would that look like?
- What would be different?
- So what if that is the case?
- On a scale of 1-10 where are you?
- What would it take to get you to and (8)?
- How would your life be different if...?

Once they have clarified their vision, help them get unstuck

Stage Two – What Do I Want? (wise & godly)

Determine GOALS – *What* questions

Measurable
Attainable
Positive
Specific

2.1 **Uncover Imaginative Possibilities (exhaust all ideas)**

- What are **ALL** the possible ways to get to what is most important? What else? What else? What would you have to start/stop/keep doing in order for this to happen?
- What could you continue to do that's working well?
- What would be a sign that things are getting better?
- What do you want to stop doing that hasn't been working well?
- What could you stop doing to give you more time to.... ?
- What do you think would need to happen so that you wouldn't need to come back and see me? What else? And what else?
- Is there anything you would like to do that you're not doing right now?
- What would be a sign that you're on the right track
- What would your family and friends see/say/think/how would they respond if you had fixed your problem.

- What worked well in the past? What did you do then?
- WAR- Wants, Approach (all possibilities), Results

2.2 **Choose Realistic Goals**

- Which of these could you do that would have the greatest impact? Where would you like to start? Weigh pros and cons.
- What could you do that will help you (reach the "sign" they mentioned earlier that things are getting better).
- How would you know that you've done enough?
- How will that work for you?
- What would that look like?
- What 2 things could you do this week that would...?

2.3 **Find Incentives**

- What will it be like when that happens? What else?
- Let's think of all the reasons why this might be a really good goal. What happens if you... (insert one of the things they mentioned in realistic goals)
- How would this change your situation?
- What would that person do differently if you do _____.
- What kinds of things will you have more time for when you _____.

Help them decide NEXT actions. Most need good strategies.

Stage 3: Now what? (Get Practical)

Develop PLAN/STRATEGY

How questions

3.3 **Brainstorm Numerous Possibilities**

- How can YOU make this happen? What else? What else?
- What could you do to reach your goal of _____?
- How else could you reach your goal? What else? What else? What else?
- What would _____ look like?

3.3 **Identify strategies with resources**

- Which strategy do you want to work on first that would have the greatest impact?
- Where would you like to start?
- What will you do this week to accomplish this?
- How would you rank your strategies?
- Which one would you like to accomplish first?
- What is a plan B in case that doesn't work?
- What is one step you could take?
- How might they react (role play)?
- What can you do if they react that way?

3.3 **Implement a viable plan (baby steps)**

- When will you do that? (TDD=time, date, details) Summarize... encourage.
- What will you have to do to stay on track?
- What else will need to happen? What else?
- Who would you _____?
- When would you _____?
- What's a bad time for you to _____?
- What's a good time for you to _____?
- What will help you stay focused?