Pastoral Skills Training - Family Life

Lesson 2: Solution-Focused Therapy

Student Guide

Lesson Objectives

Identify the principles of solution-focused therapy.

- o Explain how the seven principles of solution-focused therapy support the counselee.
- O Define the requirements of describing a problem.
- o Identify the qualities of well-formed goals.

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Part 1	Solution-Focused Therapy Principles
Part 2	Guiding Assumptions
Part 3	The Basics - Getting Started
Student Readings	

Orienting Toward Solution: How to Interview for a Change	02-orienting-toward-solution.pdf
Guiding Assumptions: A Way of Thinking	02-guiding-assumptions.pdf
Case Study	02-case-study.pdf
Solution-Focus Worksheet	02-solution-focus-worksheet.pdf

Session 2: Discussion Webinar

A discussion of assigned case study



Solution-Focused Therapy Lesson 2



Pastoral Skills Training – Family Life USACHCS







Solution-Focused Therapy Beliefs About Counseling One's heliefs about counseling are as important as one's knowledge and skills.

One's beliefs about counseling are as important as one's knowledge and skills. Learning the difference between a problem-focused approach and a solution-focused approach is a start. When this paradigm shift takes place, a new way of thinking about counseling begins.

Presuppositions of Solution-Focused Therapy

God has given us the ability to create solutions.

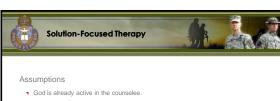
The solutions can be described and clarified.

More than one outcome to counseling can be created.

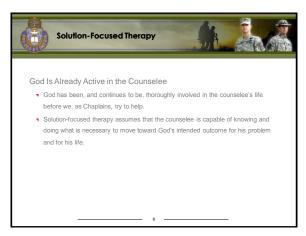
The Chaplain and the counselee can do the creating and clarifying together.

We create solutions as a joint effort with God's help.

This process can be taught.



- Complex problems do not demand complex solutions.
- ▼ Finding exceptions helps create solutions.
- The counselee is always changing.
- The counselee is the expert and defines goals.
- Solutions are co-created.
- The counselee is not the problem, the problem is.
- The counseling relationship is positional.
- The Chaplain's focus is on solutions.









■ With a solution-focused approach, it is more helpful to think *how* the change will

occur, rather than when it will occur.



Clients are the experts on what they want to change, as well as in determining what they want to work on.

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Solutions Are Co-created

- As Chaplains, we walk hand in hand with the counselee and enter into what he is experiencing.
- Then we co-create with him a solution that is more in keeping with faith in God's
 past preparation and with hope in the future that the Spirit is leading us to.

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The Counselee Is Not the Problem, the Problem Is

In the vast majority of cases, the primary problem is the way both parties are interacting. My standard comment to such couples is, "You are not the problem, and you are not the problem; your interaction is the problem." This frees both parties from viewing each other as the problem and makes them a team in dealing with a common problem — the interaction. Change the interaction in a deliberate way, jointly agreed upon, and the couple is on the way to a potential solution.

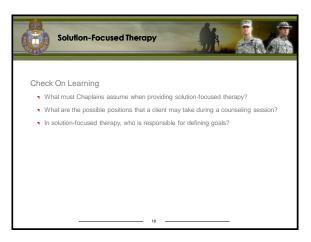
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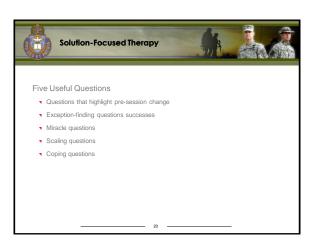
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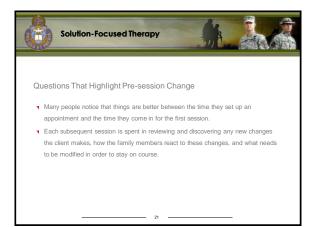


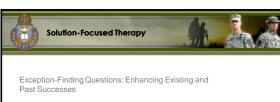






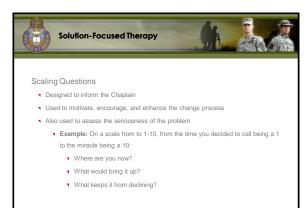






- Magnifies and enhances a client's successes through repeated emphasis on those few, but important, exceptions
- Helps clients to see their successes and recognize that they have actually taken steps to implement it







- Uncovers and then utilizes what the client did to survive the crisis or trauma
- Conveys how the client survived the crisis and managed not to make things worse

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