
Solution Focused Therapy Tools for Managing Transitions

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**“The only constant in life is change.” -
Unknown**



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What is Solution-Focused Therapy?

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Solution-Focused Therapy is a strengths-based approach to therapy focused on solution-building rather than on problem-solving. It also focuses on a person's present and future rather than on past experiences.

THREE PRINCIPLES:

- If it's not broken, don't fix it.
- If it's working do more of it.
- If it's not working, do something different

**What's a
transition you are
managing or will
be managing in
the future?**



TODAY WE WILL PRACTICE:

1. MIRACLE QUESTION
 2. EXCEPTIONS TO THE PROBLEM
 3. SCALING QUESTIONS
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A vibrant, high-resolution photograph of a forest. In the center, a wooden bridge with railings spans a small stream. The water is calm, creating a clear reflection of the bridge and the surrounding greenery. The forest is dense with tall, thin trees and thick undergrowth. The lighting is bright, suggesting a sunny day. The overall color palette is dominated by various shades of green.

1. MIRACLE QUESTION



1. Miracle Question

There are a variety of ways you can ask the
MIRACLE QUESTION:

- Assume that overnight a miracle happens, and the challenge with managing this transition is gone. What's different?
- How will you know a miracle happened?
- What would others notice about you that is different?

2. EXCEPTIONS TO THE PROBLEM





2. Exceptions to the Problem

This practice highlights strengths. Like with the Miracle Question, there a variety of ways to use this practice.

- Please reflect on a time when you didn't get stressed managing a transition.
- When was the last time you feel you managed a transition well?
- Can you describe a time when you managed a similar transition effectively?

3. SCALING QUESTIONS





3. SCALING QUESTIONS

This exercise can be done seated, standing or lying down and can be a powerful and quick reset for the nervous system.

- On a scale of 0 to 10, with 10 meaning you have full confidence this transition can be managed well, how confident do you feel?
- So, what would move it from a confidence level of (lower number) to (higher number)?

A long-exposure photograph of a waterfall cascading over mossy rocks in a lush forest. The water is blurred, creating a soft, ethereal effect. The surrounding trees are dense and green, with some autumnal hues visible in the background. The overall scene is serene and natural.

**“You have to see the miracles for
there to be the miracles.” -Jandy
Nelson**