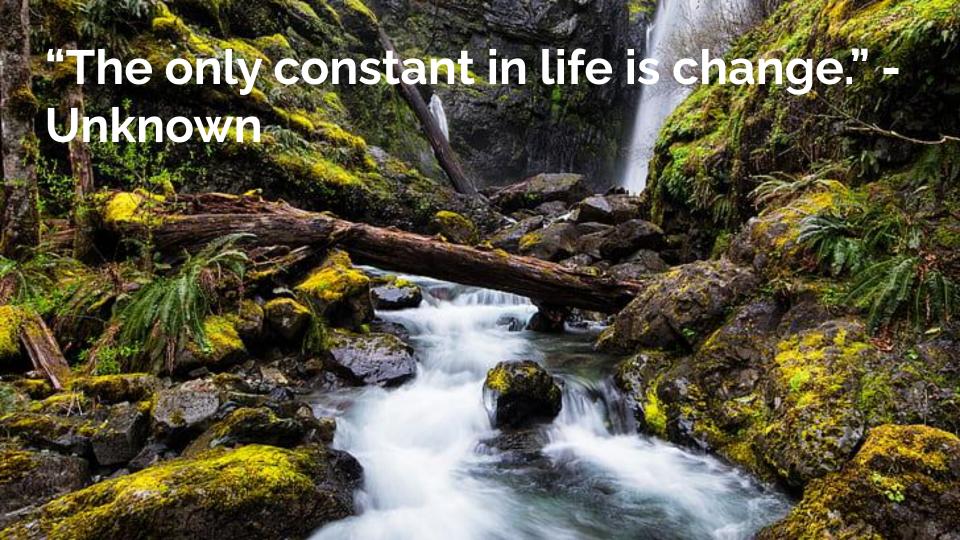
Solution Focused Therapy Tools for Managing Transitions

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What is Solution-Focused Therapy?

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



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

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 This exercise can be done seated, standing or

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)?

