



Ago Self Coaching

Solution-Focused Counselling

Solution-Focused Counselling as a counselling model were developed from:

- 6 the systems thinking and communication research of Gregory Bateson;
- 6 the psychotherapeutic findings of Milton Erickson;
- 6 the 'Interactional View' developed by John Weakland and co-workers at the Mental Research Institute in Palo Alto, California;
- 6 and the shift from problem to solution focus led by Steve de Shazer and Insoo Kim Berg at the Brief Family Therapy Centre in Milwaukee, Wisconsin.

In the words of Frank Thomas & Jack Cockburn, Solution-Focused Counselling can be defined as: *"a brief interactional approach to human dilemmas that focuses on people's resourcefulness rather than their deficits. The main focus is bringing forth resiliency, assets, and successful experiences from the counselee's background and utilizing these resources to bring about positive change."*

Solution-Focused Counselling differs from traditional counselling in that the focus is on:

- 6 competencies of the client rather than deficits;
- 6 responsibilities rather than who or what is to blame;
- 6 building cooperation by working with the client rather than working on the client;
- 6 finding solutions rather than understanding the causes of the problem;
- 6 helping clients discover experiences that empower them toward change rather than pathologizing and victimizing;
- 6 the "problem" is the problem rather than the person is the problem;
- 6 most counselling should be brief (between 4 and 8 sessions) rather than a long process;
- 6 actions and interactions rather than intrapsychic concepts;
- 6 and tasks rather than insight.

In this approach we make use of six SIMPLE principles and six solutions tools. The SIMPLE principles are:

- 6 *Solutions - not problems.*
- 6 *Inbetween - the action is in the interaction.*
- 6 *Make use of what's there - not what isn't.*
- 6 *Possibilities - from the past, present and future.*

- 6 *Language - simply said.*
- 6 *Every case is different - beware ill-fitting theory.*

The six solutions tools are:

- 6 *Platform - where are we starting from?*
- 6 *Future Perfect - suppose the problem went away overnight - what would happen instead?*
- 6 *Scaling - where are we now?*
- 6 *Counters - whatever helps us forward.*
- 6 *Affirm - what's already going well?*
- 6 *Small Actions - tiny next steps that make big differences.*

References

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