



Discovering Insoo Kim Berg's Wisdom: Unveiling Foundational Principles in Rare Footage



SOLUTION FOCUSED WORLD CONFERENCE

AMSTERDAM

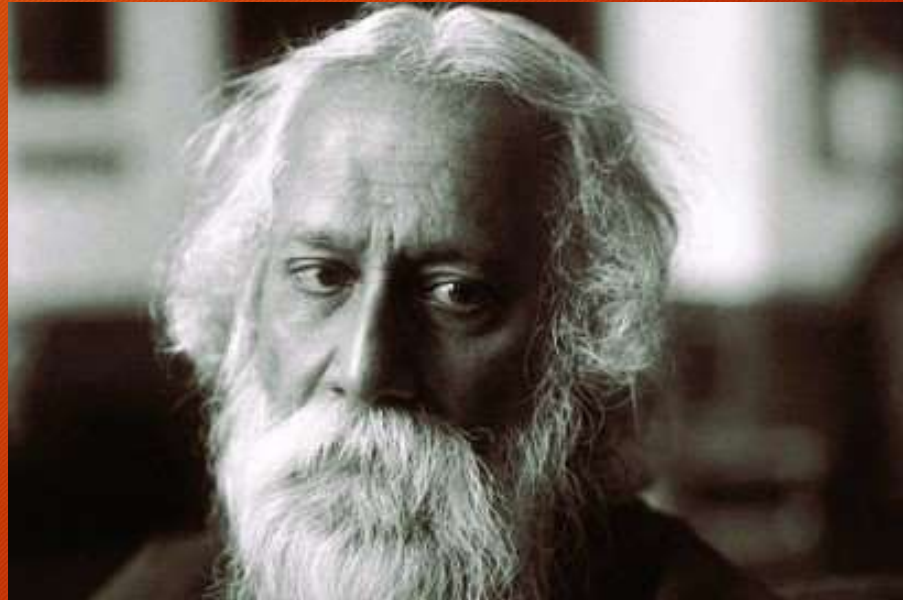
19TH - 20TH APRIL 2024

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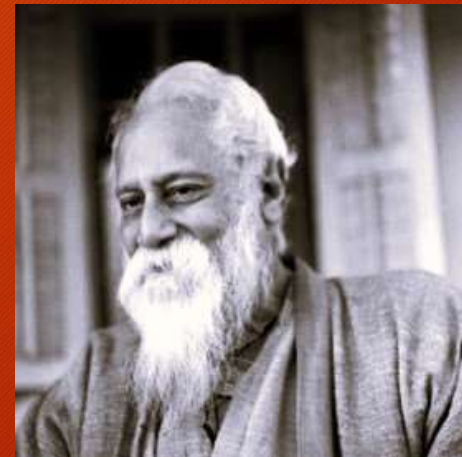
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Rabindranath Tagore



Rabindranath Tagore

**“The butterfly counts not months
but moments and has time enough.”**



Paul Tortelier



<https://www.youtube.com/watch?v=XX-K4tB2-fg>

Amsterdam 2024 - Arnoud Huibers

Paul Tortelier

Shakespeare: Music is the food of Love

Tortelier: Scales are the food of music

My question to you: is the food of the solution-focused approach?

What is the food of the SF Approach?

Assumptions

They determine how we see the client, how we interpret their behavior, how we interact with them.

Assumptions

For example, if a practitioner assumes that a client is resistant to change, they may interpret any hesitation or reluctance as confirmation of this assumption.

The solution-focused practitioner assumes that the client has the capacity for change and is currently utilizing coping strategies that have served a purpose for them.

Reframing resistance

Assumption of Solution-focused practitioner:

“I don’t see any resistance. The client has the capacity for change and is currently utilizing coping strategies.”

This assumption reframes the client's actions as adaptive responses rather than resistance, creating a more empowering and collaborative therapeutic stance.

Traditional Problem-focused paradigm

Pre-assumption



Clients have deficiencies and pathologies that need to be diagnosed and treated by an expert

New Solution-focused paradigm

Pre-assumption



Clients have strengths and solutions that can be identified and built upon in the conversation with the practitioner

Insoo Kim Berg

“This unique solution-focused approach views clients as competent, helps them to visualize the changes they want and builds on what they are already doing that works.”

“I'm as open as possible when talking with clients.”



Insoo Kim Berg video



“Moving Forward Despite a Toxic Relationship”

- Take notes on specific interventions she uses
- Consider the assumption that underlies the intervention:
i.e. what assumption about change might she be operating under

Insoo Kim Berg video

Insoo says: “It’s two, not one”.

Intervention: Scaling.

Assumption: Change is not an all-or-nothing phenomenon.

Assumption: Progress can occur in small steps.

Assumption: There is even some progress, even when it’s small. Encouraging the client to build upon that progress.

Insoo Kim Berg video

Insoo says: “Wow, you’re right, you don’t want to be like this”.

Intervention: Amplifying client’s statement.

Intervention: Validating the client’s experience and affirming their autonomy and self-awareness.

Assumption: The client is the expert on their own experiences.

Assumption: The practitioner’s role is to support and to facilitate the client’s journey towards their preferred future.

Insoo Kim Berg video

Insoo says: “There’s a side of you that disagrees with him (when he puts you down), right?”

Intervention: Externalizing.

Intervention: Emphasizing that there is a part of the client that doesn’t align with the negative portrayal imposed by her ex-boyfriend.

Assumption: Individuals possess multiple facets or perspectives within themselves.

Assumption: The client has the capacity to challenge and resist negative external influences.

Insoo Kim Berg video

Insoo says: “Maybe some other idea will come, don’t worry about it”

Intervention: Encouraging to remain open to the possibility of new ideas or solutions emerging naturally over time.

Intervention: Focusing on a more hopeful and forward-thinking mindset.

Assumption: Clients have the internal resources and capability to generate their own solutions to their problems.

Assumption: Even when faced with challenges, individuals can tap into their creativity and resilience to find effective solutions.

To conclude

Shakespeare: Music is the food of Love

Tortelier: Scales are the food of music

Us: Assumptions are the food of the solution-focused approach

Thank you for your attention!

Keep up the good work!

Websites

www.sf-onlineacademy.org

www.solutions-centre.org

www.solution-focused-world-conference.nl