

# Questions from “Creating a Common Language: How Solution Focused Brief Therapy Reflects Current Principles of Change and Common Factors

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## PRINCIPLES OF CHANGE (Dr. Marvin Goldfried)

### PEOPLE CHANGE WHEN:

1. They have **POSITIVE EXPECTATIONS** and are **MOTIVATED**.
2. They work with a therapist with whom they have a good **THERAPEUTIC ALLIANCE**.
3. They **INCREASE THEIR AWARENESS**.
4. They engage in a **CORRECTIVE EXPERIENCE** - taking steps to make changes in thinking, feeling, and behavior during and/or after sessions.
5. They engage in ongoing **REALITY TESTING**.

### EXPECTATION AND HOPE

1. How do you **INSPIRE HOPE** in your client?
2. **HOW EARLY** in your sessions do you recognize **YOUR CLIENTS’ STRENGTHS AND RESOURCES?**
4. How do your clients **EXPERIENCE WHAT POSITIVE CHANGE COULD LOOK LIKE?**
5. How do you deal with **UNREALISTIC HOPES?**

<b>SOLUTION FOCUSED</b>	<b>OTHER ORIENTATIONS</b>
<ul style="list-style-type: none"><li>• Start with best hopes and what client wants instead.</li><li>• Direction is established by the client.</li><li>• Nurture sense of possibility by use of language – “so far,” “in spite of” “for now”</li><li>• One foot in acknowledgement and one foot in possibilities (Bill O’Hanlon)</li></ul>	<ul style="list-style-type: none"><li>• Construct goals that meet clients’ expectations</li><li>• Role playing new situations.</li><li>• Execution of interventions towards goals eg homework will help towards progress</li><li>• Asking questions about past successful challenges</li><li>• Hope fostered by developing insights and overcoming challenges.</li></ul>

## CORRECTIVE EXPERIENCE

1. What **STRATEGIES** do you use **TO WORK COLLABORATIVELY** with your clients to help them reach their desired goals or outcomes?
2. How do you **UTILIZE PAST EXPERIENCES** in your clients' life that might be useful in the current situation?
3. What do you do to create an environment so **YOUR CLIENT WILL FEEL CONFIDENT** to try new things?
4. How do you help your client see themselves from **MULTIPLE PERSPECTIVES**?
5. How do you ensure that your client leaves a session with **HIGHER ACTIVATED RESOURCES** than when they entered?

SOLUTION FOCUSED	OTHER ORIENTATIONS
<ul style="list-style-type: none"> <li>• Instances of “preferred future” occur during session as well as outside session.</li> <li>• In-session changes may occur during Best hopes, resource activation, noting history of desired outcome, scaling and listing current accomplishments</li> <li>• Broaden and build - what difference would it make?</li> <li>• If any homework - chosen by client</li> </ul>	<ul style="list-style-type: none"> <li>• Tasks as a means to move therapy forward</li> <li>• Tasks based on theoretical assumptions underlying approach</li> <li>• Cognitive reframing (CBT) Mindfulness, self observation, decentering, insight, witnessing</li> <li>• In-session relationship</li> <li>• Homework assigned by therapist</li> </ul>