7 KEY SOLUTION-FOCUSED STRATEGIES

1. Identifying strengths in a problem situation
   • What’s happening?
   • What is the impact of the problem on the client-family?
   • What would the client like to change?

2. Exploring past successes
   • What has the client tried and how is it working?

3. Finding and using exceptions to the problem
   • When is the problem not happening or is less severe; how come?

4. Facilitating a positive vision of the future
   • Miracle Question & Follow-up

5. Scaling questions
   • Scaling requirements for movement (confidence; commitment)

6. Encouraging commitment
   • Compliments and suggestions

7. Developing Action Steps