

Integrated List of Strength-Based, Solution-Focused Skills and Strategies Grouped by Phases

Note: The skills and strategies are associated with the phases in which they tend to be first used. However, many of the skills and strategies are used throughout an interview and the life of the case as the situation dictates.

<p>PHASE I - PRELIMINARY/PREPARATORY</p> <ul style="list-style-type: none"> • Defining purpose • Identifying desired outcomes • Tuning-in to self • Tuning-in to others • Tuning-in to the environment (safety issues, location) • Tuning-in to the SBSF Model (having the conscious intention of using the model) • Identifying necessary supports or documents 	<p>PHASE II - BEGINNING/CONTRACTING</p> <ul style="list-style-type: none"> • Greeting • Clarifying purpose • Focused listening • Reaching for feelings and feedback • Giving feedback • Managing issues of authority • Establishing engagement • Negotiating the contract to work
<p>PHASE III - MIDDLE/WORK</p> <ul style="list-style-type: none"> • Giving/Requesting information • Exploring past successes • Exploring exceptions • Difference questions (what is different or changed) • Indirect questions • Coping questions • Confrontation • Maintaining engagement • Adjusting the level of protective authority as needed • Creating a positive vision of the future • Scaling confidence and commitment • Promoting client solutions 	<p>PHASE IV - ENDING/TRANSITIONAL</p> <ul style="list-style-type: none"> • Summarizing • Identifying next steps • Task assignments • Documenting