

Seven Key Solution-Focused Strategies

1. Identifying strengths in a problem situation

- What is 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 and Follow-up

5. Scaling questions

- Scaling requirements for movement (confidence; commitment)

6. Encouraging commitment

- Compliments and suggestions

7. Developing Action Steps

Berg & Kelly (2002)

deShazer (1988)