Tools for the Trade: Solution Focused Method

Presentation by:
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Objective:

Attendees will:
1. Discover how to use specific solution focused techniques and questions that will frame and structure productive conversations.
2. Focus on how to integrate these techniques and questions with students and parents.
3. Help create a culture within your classroom and with parents set on achieving goals and find their own solutions to challenges they face.
Who is in the room?
What is the Solution Focused Model?

A short term intervention focused on engaging students in a collaborative endeavor to construct solutions.
From Problems to Solutions

<table>
<thead>
<tr>
<th>Problem Solver to Solution Seeker</th>
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<tbody>
<tr>
<td>Expectancy Factors - 15%</td>
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<tr>
<td>Intervention Techniques - 15%</td>
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<tr>
<td>Relationship Factors - 30%</td>
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<tr>
<td>Student Factors - 40%</td>
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General Focus

- Make no assumptions about the cause of a problem.
- Keep a present - future orientation.
- Focus on actions instead of insights.
General Focus:

- Focus on the positive
- If it doesn’t work, do something different.
- Approach each opportunity as if it were your last.
SF Assumptions

• There are exceptions to every problem.
• You get more of whatever you focus on.
• Small changes lead to bigger changes.
• Students have the resources they need to solve their problems.
Three Key Components:

1. Exception Questions
2. The Miracle Questions
3. Scaling Questions
Scaling Question (Visual)
How does this work with Parent - Teacher Conferences?

Solution Focused - Parent Teacher Conferences - Video Clip.
Implications for the School Climate and Culture

1. Make the most of each brief encounter.
2. Honor and respect students.
3. View them in context and provide examples of realistic applications.
4. Engage in collaborative, non-confrontative exchanges.
5. Instill hope.
Are you focusing on a problem or solutions?

1. Change mindset and wording from problem promoter to a solution seeker!
2. Encourage and educate your colleagues in a mind shift.
3. SF is a method. Research!
How can we implement this model from a biblical worldview?
Put into practice...

You have X situation with a student, how does the Solution Focused Method apply? What techniques can you implement?
Conclusion

“So long as the student can be helped to identify what they want to achieve, regardless of the nature of the difficulty, the solution focused approach can work.”

Sklare, 2005
Take Out?

1. What do you take away from this seminar?

2. Did this session satisfy the objectives?
Question and Answer
Thank you for attending!

Please complete the session evaluation. Your constructive feedback is greatly appreciated.
Resources


www.schoolcounselor.org

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