

Miracle Question Solution Focused Worksheet

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Miracle Question Worksheets - Printable Worksheets

Solution Focused Brief Therapy Worksheets. Solution Focused Brief Therapy was developed by de Shazer & Berg and their colleagues at the Brief Family Therapy Center, Milwaukee, in the 1970's. The approach focuses on building solutions rather than problem-solving, and is typically very brief – in the order of 3 to 5 sessions.

Solution Focused Brief Therapy Worksheets | Psychology Tools

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Miracle Question Worksheets - Printable Worksheets

Solution Focused Therapy using the Miracle Question Try the Miracle Question Test: Suppose you woke up one morning and by some miracle everything you ever wanted, everything good you could ever imagine for yourself, had actually happened - your life had turned out exactly the way you wanted it. Think about it now.

Solution Focused Therapy using the Miracle Question

The Miracle Question Worksheet The Problem: Write down in one sentence, the (main) problem that brings you here today... What if, while you were asleep tonight, a Miracle happened and your problem was solved. When you wake up tomorrow, you don't know that it's solved, but it

The Miracle Question Worksheet The Problem

The miracle question, created by Steve de Shazer one of the pioneers of solution-focused therapy in 1988, is a great 'thought experiment' and a creative way to devise good therapeutic goals. The miracle question basically asks people to make believe, ...

3 Miracle Question Examples to Use With Your Therapy ...

The most well-known Solution Focused technique is the Miracle Question. Although there are various nuances of the Miracle Question, the general idea is to ask the client: "How will your life be different if a miracle occurs, and the problem that brought you into therapy no longer exists." The Miracle Question is a way of generating ideas for

Initial Session Solution-Focused Questions - Between Sessions

GREG'S SFBT HANDOUT Handout compiled by - Greg Vinnicombe www.usefulconversations.com
Please feel free to photocopy though acknowledge the source 1 History of Solution Focused Brief Therapy (SFBT) and the Solution Focused Approach (SFA) The development of SFBT has been influenced by the findings (and discussions between) several

GREG'S SFBT HANDOUT - Useful Conversations

What you need is a miracle . . . a miracle question, that is. Therapists who use cognitive behavior approaches to treatment often employ this technique in brief, solution-focused sessions with clients. It is a cognitive (or mental) exercise that encourages the client to use his imagination to get unstuck and to find solutions to his own problem.

Problems Solving with Kids Using the Miracle Question ...

are invited to discover solutions. In this way, we can concentrate on the successes ... good (solution focused) questions ... The miracle question gives us the good goal in the client's key words. 1)

Better communication 2) Better relationship 3) More satisfied at work 4) More comfortable with mathematics at school

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