

Solution-Focused Therapy

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SOWK 581
Week 11

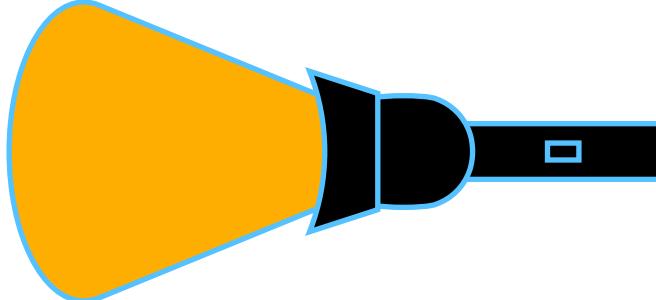
The Plan for Week 13

Agenda

- Basics of Solution-Focused Therapy
- Demonstration
- Solution-Oriented Family Assessment
- Role-Play Activity

Learning Objectives

- Describe the types of questions and strategies used in solution-focused therapy.
- Conduct a solution-oriented family assessment to identify and clarify the problem, engage in meaning-making, assess the customer(s) for change within the family system, set goals, and collaborate on treatment planning.





Being focused on
solutions doesn't
negate the importance
of the collaborative
process.

Collaborative Solutions

Focus of Treatment for Solution-Focused Therapy

is on developing goals that assist the client to transition from

3° ↗

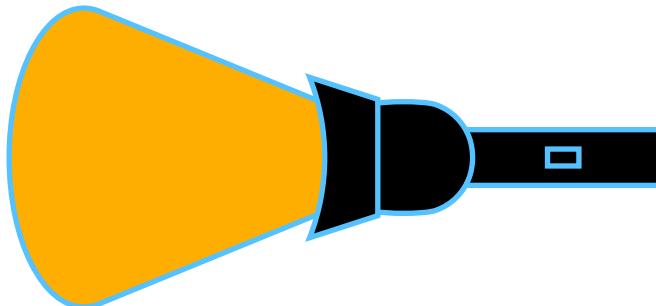
The change doesn't have to be monumental. In SFTB, we often look for small changes

Hopelessness



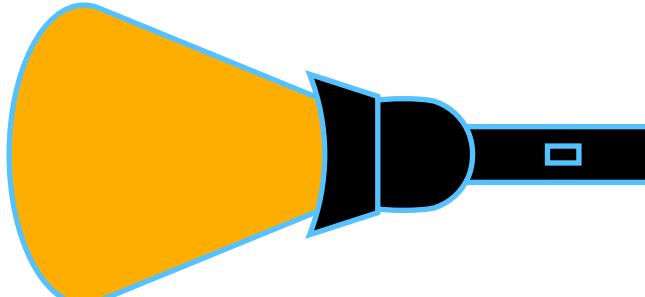
Hopeful

about the possibility of change



Types of Questions Used in Solution-Focused

- **Presuppositional Questions:** define the “who,” “what,” “how,” and “where” of goal attainment
- **Exception Questions:** draw attention to when the problem is not experienced
- **Scaling Questions:** provide a quantitative measure of the client's problem
- **Coping Questions:** ask how the client has managed in certain circumstances
- **Problem Tracking Questions:** offer an interactive way to view the problem
- **The Miracle Question:** ask what life would look like if a miracle occurred



Indirect Compliments

Imply

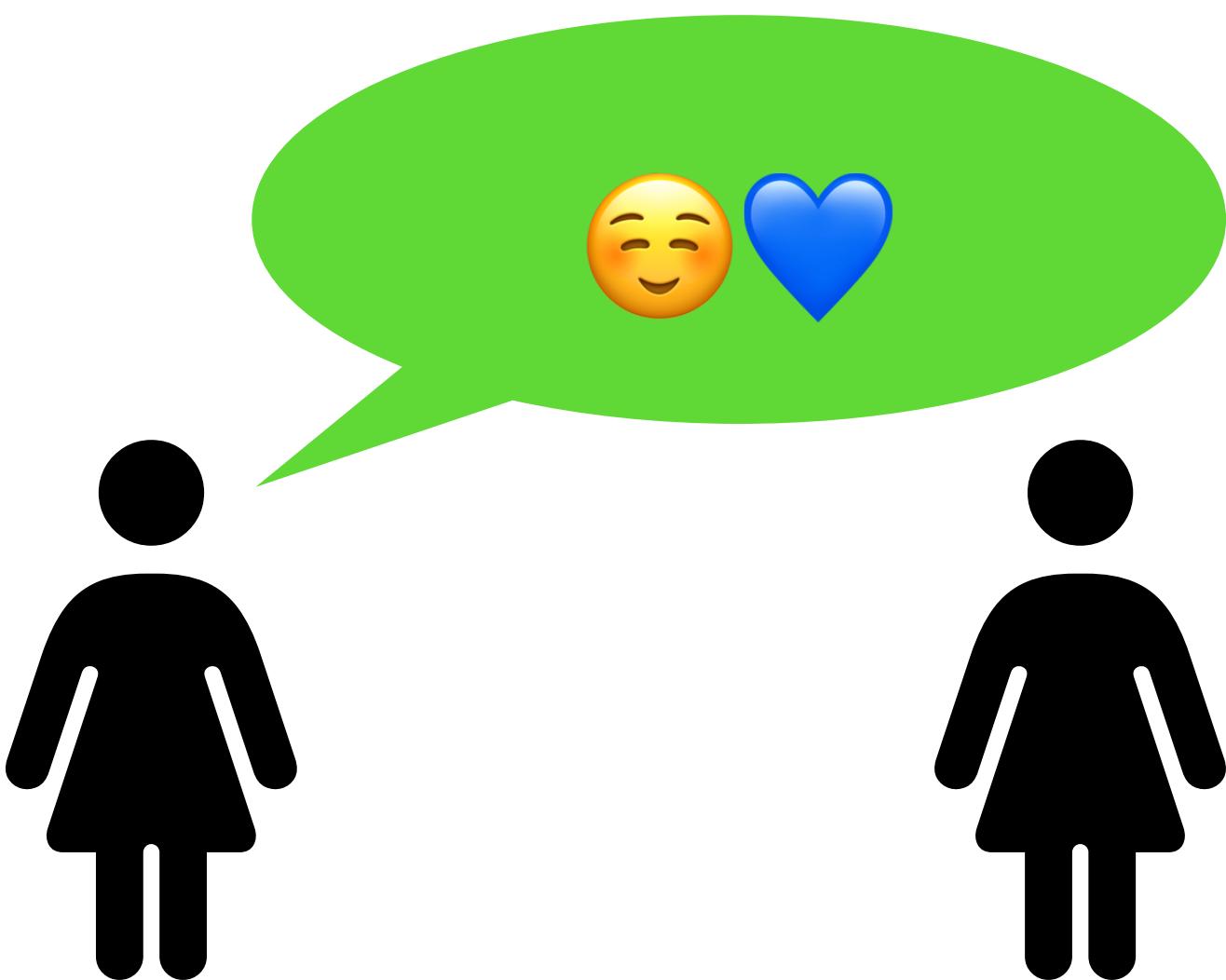
- ... something positive about the client
- ... something positive through a relationship
- ... that the client knows what is best

Direct Compliments

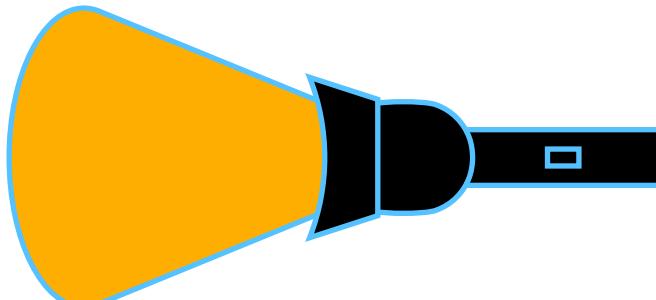
Directly stated observations of clients' successes

Self-Complimenting

are opportunities to recognize and reinforce signs of progress and reinforce them with indirect complements



Three Types of Complements

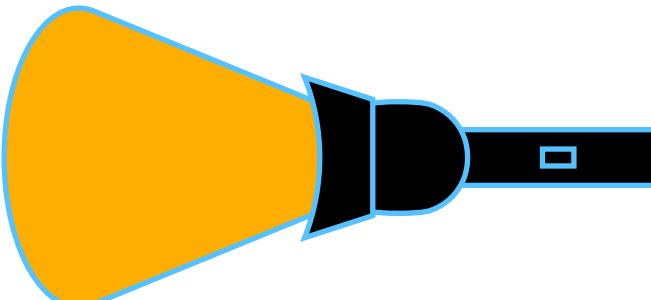


Solution-oriented Family Assessment

Five Components

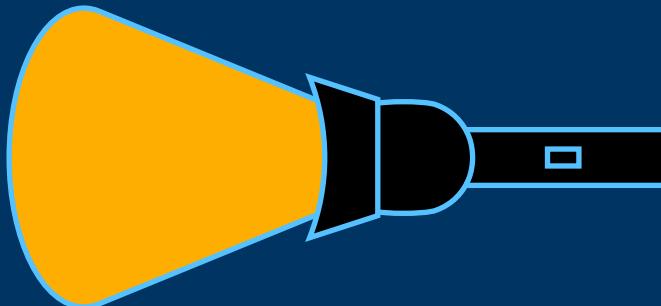
1. Defining and clarifying the problem
2. Meaning making
3. Determining the real customer(s) for change
4. Coauthoring a new family story, and
5. Co-constructing the “blueprint for change” plan.

Interdisciplinary collaboration is considered helpful.



Role Play Prep

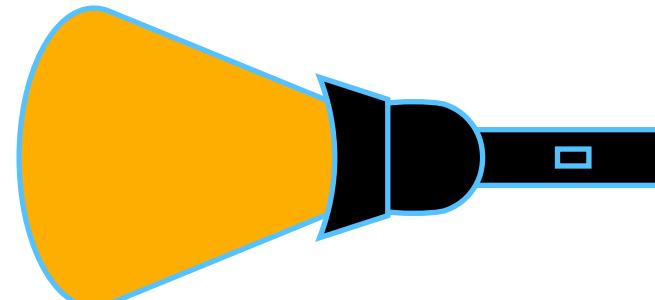
- Think about the five components of solution-oriented family assessment and the techniques of solution-focused therapy.
- Pick a role-play and assign roles. If you need to add or subtract members, talk and develop a plan as a group. If it works, having someone just as an observer is okay.
- Spend time prepping as a team (what questions might you ask the family and what potential responses might occur)



The Robinson Family

Role-Play Case

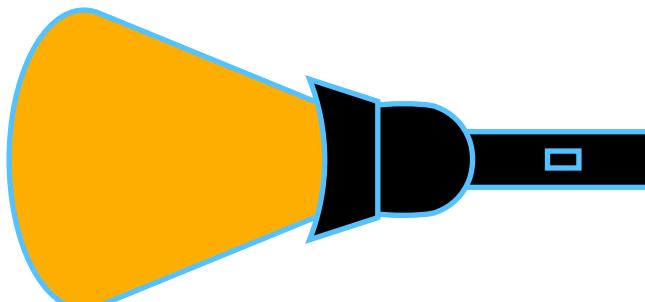
- Patricia (Mom, 38): Recently divorced, working full-time as a nurse. She feels overwhelmed by balancing work and parenting her two children and struggles with guilt about the divorce's impact on her kids.
- Liam (Son, 14): A quiet and introverted teenager who has started skipping school and isolating himself in his room. He feels caught in the middle of his parents' conflicts and worries about his future.
- Ella (Daughter, 9): A cheerful but anxious child who seeks constant reassurance from her mother. She's having trouble sleeping and often expresses fears about her mom leaving her.



The Nguyen Family

Role-Play Case

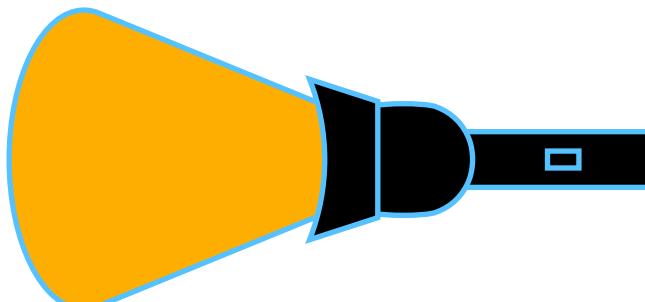
- Kim (Dad, 42): A first-generation immigrant who works two jobs to support the family. He feels disconnected from his children due to long work hours and worries about them losing touch with their cultural roots.
- Mai (Mom, 40): A stay-at-home parent who struggles with loneliness and feeling unsupported. She wants to strengthen her relationship with her husband and teach her children the value of family traditions.
- An (Daughter, 17): A high-achieving high school student who feels immense pressure to succeed academically. She's experiencing burnout and conflict with her parents over their high expectations.
- Minh (Son, 12): A bright and creative child who struggles with attention issues at school. He feels overshadowed by his sister's accomplishments and wishes for more one-on-one time with his parents.

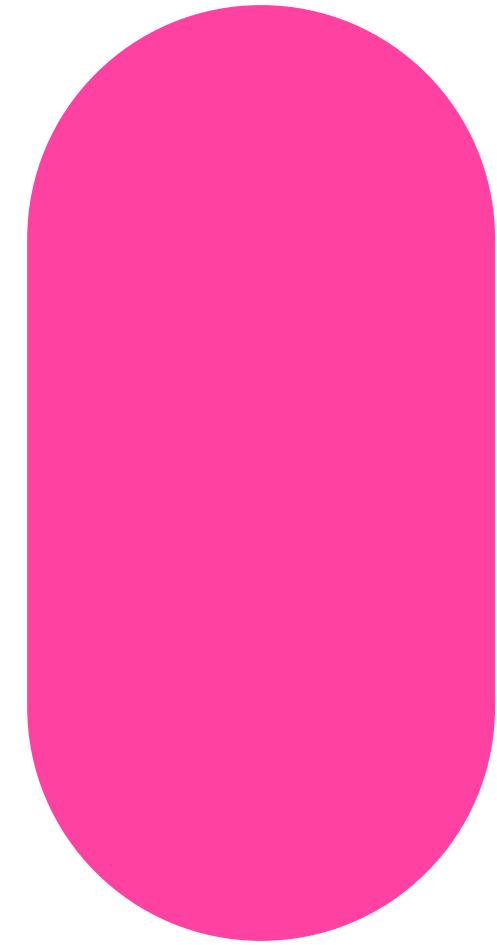


The Morales Family

Role-Play Case

- Carlos (Dad, 35): Recently laid off from his job, Carlos feels ashamed and frustrated, which has led to increased tension at home. He struggles to express his emotions and feels distant from his family.
- Rosa (Mom, 34): A part-time retail worker who is trying to keep the household together financially and emotionally. She feels overwhelmed by her responsibilities and is worried about her husband's well-being.
- Javier (Son, 16): An outgoing teenager who has been getting into fights at school and pushing boundaries at home. He feels frustrated by his father's withdrawal and struggles to find a positive outlet for his energy.
- Sophia (Daughter, 10): A sensitive child who often acts as the peacekeeper in the family. She feels anxious when her parents argue and worries about the family's financial struggles.





Prediction task

Do something different task

Pretend the miracle happened task

