

### Introduction

#### Example:

Before we begin, I just want to go over a few things about how this session will go today. I want to tell you some things about how we protect your privacy, what the session will be like and how other team members may be involved in your care.

### Limits to confidentiality

#### Include:

- Who will info be shared with
- When will the info be shared without client consent

#### Example:

Like with all counselling, what you share today will be kept private. There are some people on the team here at Foundry who I will consult with as part of this counselling, and I will share some of what we discuss with them. None of us will share this information outside of the team here unless you give us permission to do so. I also take notes on this session and other care providers you see here at Foundry may see these notes if it relates to their work with you. The only time we are required to discuss what happens in this session outside of the team is if we learn something that makes us believe that you or someone else is in serious danger, or if we are ordered to do so by law. These are very unusual situations.

### Counselling format

#### Include:

- SFBT summary
- Single session format, including fact that a returning walk-in client may see another practitioner next time

### Example:

The walk-in counselling we provide here at Foundry is called Solution-Focused Brief Therapy. The basic idea behind this therapy is that you already have important skills to help you overcome the challenges that are getting in your way. What I will do is learn a bit about you and your situation and then explore some of your skills and strengths with you, and together we will come up some ideas for next steps to get you to your goals.

Since this is a “single-session” format, we don’t usually plan to see each other again in another appointment. You are welcome to come back any time for another session which may be with me or someone else on the team. I will take notes on the session today and if you come back and see another person about this issue, they will be able to see what we talked about so you don’t have to start at the beginning again. If it seems like this type of counselling isn’t right for you, we can discuss that as well and look at other options for you.

## Session Break

### Include:

- Describe session break with team or without team consult depending on Centre structure.

### Example:

One thing that might be different in this type of counseling from other types, is that we will take a break about 2/3 of the way through the session. During this time, I will meet with some colleagues, like I mentioned before, and we will discuss what you have told me and we will think about your unique situation and skills and try to come up with some ideas of how you might take some steps towards your goal. I will share the details of that conversation with you [*OR if there is no consultation process*: During this time, I will review my notes, gather my thoughts and come up with some ideas of how you might make some steps towards your goal]. At that time, you will also think about what we have discussed and see if you have some ideas of new things to try to help with the situation you’ve come in for.

## Questions and Consents

### Include:

- Opportunity for clients to ask questions
- Explanation of any signed consents provided at this time.

## Session break

### Introducing the break in session

#### Sample Scripts:

As I mentioned before, this type of counseling has a break built in. In a minute, I'm going to leave here and talk to a colleague(s) about the things we have been discussing here. My colleague(s) work under the same rules I do and are required to protect your privacy. They won't share the information you provide outside the team. We will talk about the problem you've identified, the strengths and skills that you have to help deal with it and will see if we can make some suggestions on how to help move you towards your goal. I will be out of the room for about 5 or 10 minutes and will come back here when I've finished talking to my colleague(s). While I'm gone, it would be helpful for you to take a few minutes and think about what we've talked about too. If you think of how you have solved problems in the past and what skills you have that might help address the problem, you might be able to come up with some ideas on how to move forward. When I come back, we'll put all our ideas together to make a plan.

OR

As I mentioned before, this type of counseling has a break built in. In a minute, I'm going to leave the room and think about what we've talked about today. I will review the problem you've identified, the strengths and skills that you have to help deal with it and will see if I can come up with some suggestions on how to help move you towards your goal. I will be out of the room for about 5 or 10 minutes and will come back here when I've finished. While I'm gone, it would be helpful for you to take a few minutes and think about what we've talked about too. If you think of how you have solved problems in the past and what skills you have that might help address the problem, you might be able to come up with some ideas on how to move forward. When I come back, we'll put all our ideas together to make a plan.

#### Include:

Describe what will happen in the break:

- Who you will consult with (or not)
- That you will review the discussion and try to come up with some ideas for next steps
- When you will come back
- That you will discuss what steps to take towards the goal following the session

Request that the client take time to reflect on the session in preparation for plan development.

## Session Break summary

Client name \_\_\_\_\_

Date \_\_\_\_\_

Summary of how client views their problem \_\_\_\_\_

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Client's identified goal/hopes for the future \_\_\_\_\_

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Client's current coping strategies, strengths and past successes \_\_\_\_\_

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Specific compliments for the client \_\_\_\_\_

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Potential experiments \_\_\_\_\_

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Date: \_\_\_\_\_

Participants in Session: \_\_\_\_\_

## Structured Note for SFBT Session

How did the client respond to the experiment/therapeutic plan from the last session? (*Barriers, motivation and change, what worked, what didn't*) \_\_\_\_\_

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What is better since the last time (or since they decided to come to the walk-in)? (*slight improvements or what made it happen*) \_\_\_\_\_

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What is the priority concern that brought client in today? (*identify one main concern*) \_\_\_\_\_

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What is the client's goal? (*What they want out of today or in long term*) \_\_\_\_\_

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Scaling question: \_\_\_\_\_

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\_\_\_\_\_ Scaling score \_\_\_\_\_

Relevant information related to the priority concern: (*historic or current relevant info*) \_\_\_\_\_

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Strengths, Resources, Commitments, Values Beliefs: (How do these impact the goal or priority concern?  
What can be leveraged towards a solution?) \_\_\_\_\_

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Experiments/Therapeutic plan for this session: (*behavioural/cognitive behavioural “homework;” a step  
client takes towards positive change*) \_\_\_\_\_

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Clinical Impressions/Formulations (*Overall view of session from the therapist/consulting clinicians*)

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### Scores:

ORS Total-/40 \_\_\_\_\_ SRS Total -/40 \_\_\_\_\_

GAIN-SS scores IDScr\_\_\_\_\_ EDSr \_\_\_\_\_ SDSr \_\_\_\_\_ CVScr\_\_\_\_\_ Total \_\_\_\_\_

### Other notes:

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## Paraphrasing in SFBT

- Paraphrasing is a validation tool as well as reframing opportunity
- Use paraphrasing to turn impossibilities into possibilities
- Careful use of tense is important: problems stay in past tense, possibilities in present or future tense
- Avoid conditional tenses

### Example:

*"It would be great if I could find a job," becomes "it will be great when you find a job"*

*"I can't get to my gym classes" becomes "you haven't managed to get to your gym classes yet"*

## Try rephrasing these statements:

*My dad is always in my space* \_\_\_\_\_

\_\_\_\_\_

*People keep nagging me about my online gaming time* \_\_\_\_\_

\_\_\_\_\_

*My friends keep telling me to take it easy on my drinking* \_\_\_\_\_

\_\_\_\_\_

*People keep asking me what's wrong* \_\_\_\_\_

\_\_\_\_\_

*I never have any energy to do anything* \_\_\_\_\_

\_\_\_\_\_

*I'm so lazy* \_\_\_\_\_

\_\_\_\_\_

*Boys are just never interested in me* \_\_\_\_\_

\_\_\_\_\_

*I have no friends* \_\_\_\_\_

\_\_\_\_\_

*Nobody understands me* \_\_\_\_\_

\_\_\_\_\_

*Everyone picks on me all the time* \_\_\_\_\_

\_\_\_\_\_

*Everything sucks* \_\_\_\_\_

\_\_\_\_\_



## Solution Focused Brief Therapy Sample Questions

### Session Opening

*What are you hoping to get out of today?*

*What would you like to mostly talk about today, for this conversation right now?*

*Tell me as much as you think I need to know what is going on with you?*

*How can I be helpful to you today?*

*What would need to happen today to make this a really useful session?*

*How would your best friend notice if /that this session was helpful to you?*

*What needs to be different in your life after this session for you to be able to say that it was a good idea you came in and talked with me?*

### Pre-Session Change

*What changes have you noticed, even little ones, that have happened or started to happen since you decided to come to this clinic or book this appointment?*

- *If these changes were to continue in this direction, how would this be for you?*
- *Is this unusual, that things have not gotten worse?*
- *How have you managed to keep things from getting worse?*

## Session Beginning

### Miracle/Preferred Future Questions

*Imagine that after you go to sleep tonight, a miracle occurs and you wake up and the problem is gone, what would you see different in your life?*

*If the problem no longer existed, what would your ideal day (the situation/your life) look like?*

### Session Goal Questions

*What can we work on improving today?*  
*What would be the most important change to make?*  
*What will you notice when the problem is better?*  
*How will things be different when the problem is better?*  
*What will you be doing differently when things are better?*  
*What will you be doing instead?*  
*How will your parents/friends tell that things are going better?*  
*How will others tell when the problem is better? Tell me more about that?*

### Middle Session

#### Exception/Previous Solution Questions

*Tell me about times when the problem isn't around (weeks, days, hours, minutes, times of the day)?*  
*Tell me about times when the problem is a little less troubling or when it's not happening at all*  
*Tell me about the times when you're coping a little bit better with the problem. Or, what's different about the times when the problem's better?*  
*Tell me about times when you... [don't get angry, feel hopeless, etc.]*  
*When was the last time that you feel you had a better day?*  
*Was there ever a time when you felt happy in your relationship?*  
*What was it about that day that made it a better day?*  
*Can you think of a time when the problem was not present in your life?*  
*Have there been times in the past when you have been able to overcome the problem?*

### Relationship Questions

*How would (any person in the client's life) state that you have been able to cope?*  
*What would people notice if things were different?*

### Coping

*What stopped total defeat from occurring?*  
*How did you avoid falling apart?*  
*How have you managed to prevent it from getting worse?*  
*This sounds hard. How are you managing to cope with this as well as you are?*

## Scaling

*On a scale from 1 to 10 where 1 is the worst this situation could be and 10 the best it could possibly be, where are you right now?*

- *Where were you at the worst moment?*
- *When were you highest on the scale in the last while?*

*How have you stopped yourself from going to the bottom of the ladder?*

*How do you maintain staying in the middle?*

*What could you do to move one step up?*

*Where would you be satisfied on that scale?*

## Getting More Details

*What else?*

*Tell me more about that.*

*I'm interested in what you said about... Can you explain more?*

## Session break tool

### Introduce the break in session

Describe what will happen in the break:

- Who you will consult with (or not)
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- That you will discuss what steps to take towards the goal following the session

Request that the client take time to reflect on the session in preparation for plan development.

### Session break summary

Summary of how client views their problem \_\_\_\_\_

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Client's identified goal/hopes for the future \_\_\_\_\_

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Client's current coping strategies, strengths and past successes \_\_\_\_\_

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Specific compliments for the client \_\_\_\_\_

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Potential experiments \_\_\_\_\_

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## Solution-Focused Brief Therapy Session Reflective Tool

Skill	Yes	No	Comments
1. I reviewed the limits to confidentiality and explained how the session would proceed			
2. I asked the client what they wanted out of today's session			
3. I asked about pre-session change - what was better since they decided to come in			
4. I asked what the client has done since the last session to improve the situation			
5. I asked the client about their preferred future.			
6. I supported the client to develop and prioritize a goal for today's session			
7. I summarized the client's comments during today's session			
8. I asked a scaling question during the session			
9. I asked a coping question related to the client's abilities during the session			
10. I asked exception-finding questions during the session			
11. I gave compliments during this session			
12. I was able to summarize how the client defined their problem, their hopes and goals and their strengths.			
13. I was able to help the client identify an experiment (a small behavioral action) to move towards their goal.			
14. Other:			

**What I need to consider including in a future session:**