

## 7 KEY SOLUTION-FOCUSED STRATEGIES

### 1. Identifying strengths in a problem situation

- What's 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 & Follow-up

### 5. Scaling questions

- Scaling requirements for movement (confidence; commitment)

### 6. Encouraging commitment

- Compliments and suggestions

### 7. Developing Action Steps