

Worksheet: More ways to apply SFBT to your practice

Use the tables below, as well as the information and resources listed on <https://www.criticallyinfusedsw.com/sfbt> to brainstorm some solution-focused questions and responses that would fit within your practice.

SBFT Main Interventions <i>(from de Shazer et al., 2007)</i>	Examples of solution-focused questions or responses that fit your practice
Looking for previous solutions	
Looking for exceptions	
Questions vs. directives or interpretations	
Present- and future-focused questions vs. past-oriented focus	
Compliments	
Gentle nudging to do more of what is working	

SFBT Specific Interventions <i>(from de Shazer et al., 2007)</i>	Examples of solution-focused questions or responses that fit your practice
Pre-session change	
Solution-focused goals	
Miracle question	
Scaling questions	
Coping questions	
Is there anything I forgot to ask?	
Taking a break and reconvening	
Experiments and homework assignments	
So, what is better, even a little bit, since last time we met?	

References

de Shazer, S., Dolan, Y. M., Korman, H., Trepper, T., McCollum, E., & Berg, I. K. (2007). *More than miracles: The state of the art of solution-focused brief therapy*. Haworth Press.