

# Western Australian Solution Focused Interest Group (WASFIG) Meeting 6



## **WASFIG Best Hopes: Share, Connect, Grow, Learn, Develop**

1. Share SF knowledge and update our SF knowledge since original training;
2. Connect and network with like-minded SF practitioners to enhance community and reduce isolation;
3. Grow interest in the SFBT approach in Perth and WA to do our bit to change the world one SF step at a time;
4. Learn where and with whom SF might be best applied in our practices;
5. Develop our clinical effectiveness and efficiency (we may only have a set number of sessions so how do we do the very best with each session as though it may be the only one or the last).

**When:** Saturday 26 February 2022 9:30am-11:30am

**Where:** Zoom

**Attendees:** Yvette Strawbridge, Michele Thomas, Kayla Scantlebury, Michael Bazeley, Shona Scallan, Lisa Cregan, Brent Dalgleish, and Ruth Leveson; Steve Runciman and Kerry Drummond (Co-coordinators)

**Apologies:** Amy O'Brien, Jennifer Wolff, Maureen McDonald, Fiona Skahill, Michelle Dirkz, Nadia Kidgell, Irene Liddle and Sandra L'hotellier.

**Group Facilitator:** Steve Runciman

**Group Presenter:** Kerry Drummond and Steve Runciman

**Topic: Frameworks of Solution Focused Practice Part 2: A Deeper Dive into the Solution Focused Connie-Froerer Diamond Approach**

Our first WASFIG Zoom meeting in February 2022 presented Part 2 of our two-part topic looking at frameworks of Solution Focused Practice. For Part 2 Kerry reflected on what inspired her in learning about the Connie-Froerer Diamond Approach; both for herself as a practitioner feeling more confident and resilient when working with clients, and to see the positive difference SFBT has made in her clients' lives. Kerry outlined the sections of the Diamond and then led the group in a discussion of each section. To experience what it might be like for a client to answer SF questions, and to enjoy the benefit of these in their own life, Kerry introduced participants to the *Practitioner I Aspire to Be* activity, adapted from Brief's *Coach I Aspire to Be* exercise (Iveson, George & Ratner, 2012: 97).

Participants were invited to join a break out room with a partner to explore their answers to the Best Hopes questions 'What kind of practitioner do you aspire to be?' and 'What difference would it make to you to become the practitioner you aspire to be?'. Participants were then invited to share their answers with the group. Kerry then explored the importance of co-creating a detailed description to bringing about change in a client's life. This detailed description can be co-created from the client's Best Hopes/Desired Outcome or transformation showing up in the past – History of the Desired Outcome, in the present – Resource Talk, and in the future – Preferred Future. Participants were invited to consider their responses to the History of the Desired Outcome question to identify

evidence of their preferred practitioner self showing up in the past: “When was the last time you remember feeling the kind of confidence/effectiveness you are hoping to build on as you become the practitioner you aspire to be?” and “What did you do to achieve this?”. Evidence of the practitioner we aspire to be showing up in the present was highlighted by identifying the strengths or characteristics we draw upon to be the practitioner we aspire to be by addressing the Resource Talk question: “What did you draw upon to get through high school/university/other tertiary education?” and “What is one sign of you drawing on these strengths now to be a confident/effective practitioner?”. Finally, the practitioner we aspire to be showing up in future was explored with the preferred future question “Suppose you woke up tomorrow and you were on the path to becoming a more confident and effective practitioner, what might be the first sign you noticed that would let you know this has happened?”

Some consideration was given to ways of closing a SFBT session; being mindful to embrace the SFBT values of being respectful of and trusting in the client as the expert, to use the description process as the intervention in whatever way works best for them, and to go on to make the best choices for their own life after the session.

### **References**

- BRIEF (2020), *Evan George on What is SFBT?* <https://vimeo.com/436732403>
- Connie, E. (2020), *SFBT Secrets: Diamond Edition*, Online Training Course, Completed 7 February 2021
- Connie, E. (2021), *SFBT Moments: Therapists are Transformers*, Volume 259, <https://youtu.be/YuOfri8l0A8>
- Connie, E. (2022), *SFBT Moments: How Does SFBT Work with Serious Problems?*, Volume 281 <https://www.youtube.com/watch?v=mT9c5o9uFGE>
- Connie, E. and Froerer, A. (2022), *SFBT Masterclass – 3 Video Free Training Series*, Completed 5 February 2022
- Iveson, C., George, E. and Ratner, H. (2012), *Brief Coaching*, London: Routledge
- Ratner, H. et al (2012), *Solution Focused Therapy: 100 Key Points and Techniques*, London: Routledge
- Von Cziffra-Bergs, J. (2021), *SFBT: A Good Fit In Times of Global Crisis*, Solution Focused Institute of South Africa, Online Training Workshop, 3 February 2021

### **Information for our Upcoming WASFIG Zoom Meeting in April 2022**

**When: Saturday 30 April 2022 9:30am-11:30am**

**Topic: Frameworks of Solution Focused Practice – Part 3: A Deeper Dive into the SF Diamond Approach – Scaling, Closing a Session and Follow up Sessions**

Although we had originally planned for Steve to present his template of first and subsequent sessions (I SHAPES ME EARS) at our April 2022 meeting, after reflection (and by popular demand!) we thought it better for thoroughness to complete the deep dive into the Connie-Froerer Solution Focused Diamond Approach first. Kerry will briefly summarise what was discussed in Part 2 – Best Hopes, History of the Desired Outcome, Resource Talk and Preferred Future description. Part 3 will complete Kerry’s presentation by exploring scaling, closing a session and follow up sessions. The last part of the Practitioner I Aspire to Be exercise, the Scaling question, will be considered and discussed as a group. Participants will then be invited into a reflective space to consider the following questions and share with the group if they are comfortable:

- What have you taken from the Diamond approach that is useful to remember?
- Where have you previously used similar approaches in your practice, and what difference did this make for the client in session and yourself as a practitioner?
- What have you discovered that you might find helpful to use more of with your clients, and what difference are you hoping this might make for your clients and for yourself as a practitioner?
- What are you pleased to learn about your strength as a practitioner and what might be one sign you would notice that would let you know you are moving more towards the practitioner you aspire to be?

***FIND US ON FACEBOOK: NEW WA SFBT Interest Group Facebook Group***

Please join our new WASFIG Facebook Group to keep connecting and building our network between meetings, see up to date news and information for our group, share great SFBT resources and get support in working with clients:  
<https://www.facebook.com/groups/3103428583276551>

Remember to join the ***Australasian Solution Focused Association*** to access free training during the year, articles from the Journal of Solution Focused Practices, online group supervision and the members only Facebook group.  
<https://www.solutionfocused.org.au/>

Hope to see you all again for our April 2022 Zoom meeting, keep your eye on your email for the link and more information.