Learning outcomes:
After viewing this webinar, you will be able to:

– Identify the professional vocabulary associated with solution-focused brief counseling.

– Describe an eight-step model of a solution-focused brief counseling session.

– Apply additional school counseling tools that support student success and strengthen school counselor preparation for response counseling.
Theory and Techniques

• The School Counselor’s Toolbox

• SFC as one approach, not the only approach.

How was your last day at school?
A Solution Focused Counselor Believes...

Collaborative: Counselor and student work together to identify concerns and solutions.

Positive: Assume positive change will occur. Focus on the desired outcome.

Present-Oriented: Understand the current context in which the concern exists. No need to understand the original context or "cause".

Competence-Based: Believe that students or clients have the ability and skills they need to solve the presented concern.

Focused: Look at what is possible and not at what is impossible. Student/client may present the problem as unsolvable.

Empowering: Teach clients to take charge of the lives and implement solutions.

Brief: The "briefer" the better.

Effective: Students leave with a plan. Rapid positive change is possible and some degree of change is viewed as inevitable.

Simple: Positive and understandable language is used. Don't complicate matters with confusing terms and unsolvable diagnoses.

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Language – Be Purposeful

• Labels
  – Disruptive
  – Attention Deficit
  – Depressed
  – Immature
  – Insubordinate
  – Shy
  – School Phobia

• Solution Language
  – Sometimes forgets rules
  – Short attention span sometimes.
  – Sad sometimes
  – Late bloomer
  – Establishing independence
  – Takes time to get to know people.
  – Not attending school regularly right now.

Key Principles

• If it ain’t broke, don’t fix it.

• If it works, do more of it.

• If it doesn’t work, don’t do it again.

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Ohanlon and Weiner Davis (1989).
Crowd out the problem!

Research supports using SFC

- Kim – 2008 Meta-analysis


- De Jong and Hopwood
  - 45% achieved their developed goals
  - Additional 32% made improvement*

*Cited in Archer and McCarthy (2007)
Solution Focused-Strategies for Counseling Session

PLAN OF ACTION

Rapport

Opening Question

Normalize

Scale Questions

Import Skills

Encourage

Seeds of Success

Empathy, Respect, Warmth, Genuineness, Confidence and Humor.
• Single Issue
• Problem Ownership
• What Does the Student Want?
• Agreement

• Student is Not Alone
• Sincerity is Key
• Can Normalize Feelings
• Clarifies Issue
• Encourager
• Soft Confrontation
• Measure Progress

• Similar Experiences
• What Else?
• Exceptions?
• Miracle Question.
• Recipe for ___.
• Introduce the Obvious
Encourage

• Provides “courage” and hope.
• Conveys your belief in them.

Seeds of Success

• Language to visualize a successful future.
PLAN OF ACTION

• Agreement on the action.
• Clear, concrete and specific.
• Follow-up

Expectations Matter

• Student Expectations.
• Counselor Expectations.
Common Sense?

SFC is Uncommonly Sensible

Count the “F” in the following text:

**FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...**

*How Many?*
Try it this week!

• Ready, Fire,..... Aim!

Try something different.

“If at first you don’t succeed, try again.
Then quit. There’s no use being a damn fool”.

W.C. Fields
(cited in Murphy, 2006)
Closing Thoughts

• SFC is one more tool.
• Highlights possibilities for students.
• Critical to counselor morale.

Thank YOU for the important work you do everyday!!

Q & A and Discussion
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