



Solution Focused

Solution-Focused Practice is a change-focused approach that helps people to find ways forward from difficult or challenging situations by focusing on what is wanted in the future and what is already working, and focusing on solutions rather than problems.

(Ajmal & Ratner, 2020)



Exploring best hopes. Finding out what is wanted and what are the best hopes in terms of differences or outcomes.



Exploring the 'preferred future'. Capturing the details of what we want to see happening.



Identifying instances of existing success and strengths and exceptions to the 'problem'. Finding moments where the preferred future may already be happening so that we can build on what is already working.



Identifying small signs of change as evidence of future progress.



Engaging in reflective practice.

Solution-Focused Goal Setting



What are your best hopes for the student(s)?

- _____
- _____
- _____



What difference might that make?

- _____
- _____
- _____



What are your best hopes for yourself?

- _____
- _____
- _____



What difference might that make?

- _____
- _____
- _____

Preferred future



Suppose those best hopes are realised, how would you know? What would you notice that would tell you these changes have happened?

- What might the student be doing differently, in a way that would be good for them?
- What might you be doing differently?

Exploring existing strengths and solutions



On the scale, where, at 10, the best hopes are achieved, and 0 is the opposite of that, where are you now? Mark a number on the scale below.

0 _____ 10
(best hopes)

How come you are already there and not lower? List 5 things.

- _____
- _____
- _____
- _____
- _____

Mark where might be the 'good enough' point on that scale?

Small signs of change



Moving up half a point on that scale from where you are now, what will be the next small signs of change that show things are moving in a helpful direction? What will you start looking out for?

Reflective practice



Continuous reviewing and reflecting on what is going well is encouraged. Start looking out for small signs of change, and what you are pleased to notice.

Solution-Focused Review and Reflection

What have you been pleased to notice?

What difference has that made?

What else has been better?

What difference has that made?

Who else has noticed these changes?

What difference has this made?

What might the next signs of change be?