

Intervention: Solution Focused Approaches

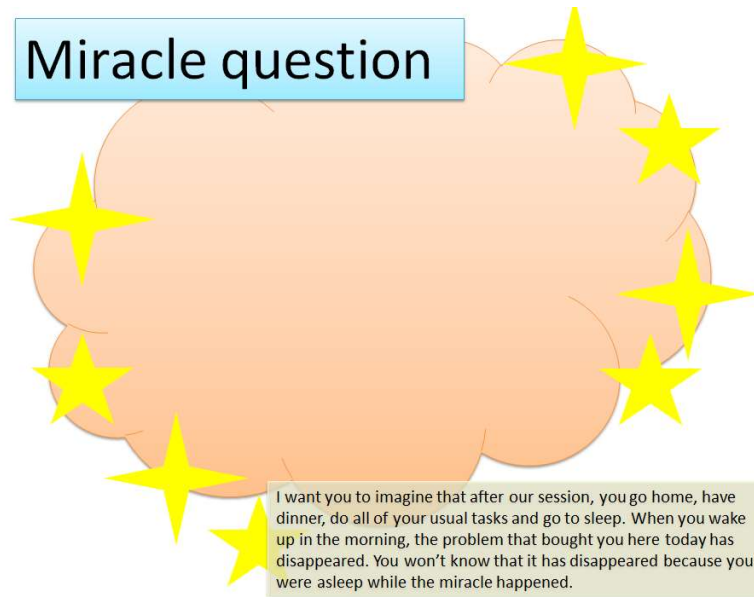
<p><i>What is a solution focused approach?</i></p>	<p>Solution focused interventions are strength based, person-centred approaches. They replace the focus from problems and the past to building positive solutions and making progress. The CYP is supported to focus on and define a preferred future, share best hopes and consider strengths and what is going well. During a situation that can feel overwhelming for a CYP, a solution focused approach can help bring about a shift in the CYP's thinking, in which they are able to see a more positive future and recognise how they can use their own resources to move in the right direction.</p>
<p><i>Key Concepts</i></p>	<p>View the CYP as the expert in their life Progress and future focused CYP are supported to draw upon their own skills, strategies and ideas Recognise that there are always exceptions to the problem, for example when the problem is not happening, it occurs less or has less of an impact on the CYP</p>
<p><i>Examples of interventions using a solution focused approach</i></p>	<p>The Miracle Question is an example of a creative solution focused intervention that uses a goal setting question to help focus on the possibilities. The adult/mentor asks the CYP to imagine an ideal future and then asks questions to connect it to the present. See the following page for suggested script and guidance for The Miracle Question.</p> <p>A range of solution focused tools including Time Machine and Changing the Channel can be found in this booklet: https://learning.nspcc.org.uk/research-resources/2015/solution-focused-practice-toolkit</p>

The Miracle Question

I want you to imagine that after our session, you go home, have dinner, do all of your usual tasks and go to sleep. When you wake up in the morning, the problem that brought you here today has disappeared. You won't know that it has disappeared because you were asleep while the miracle happened.

When you wake up the next morning, how are you going to start discovering that the miracle happened? ... What else are you going to notice? What will you see/hear? How will you feel? How will you act? What will be different?

What will you be doing that is different? How will you respond when x happens?



Scaling

Once the miracle day has been explored, the mentor can then begin to ask scaling questions.

0

10

On a scale where 0 is the worst things have ever been, and 10 is this miracle day, where are you now?

Where would it need to be for you to know that the problem has gone away?

What will be the first things that will let you know you are 1 point higher.

The mentor can then ask: what would be stopping you from moving one point down the scale? What would make you move one point up the scale? Where would be good enough? What would this day look like?