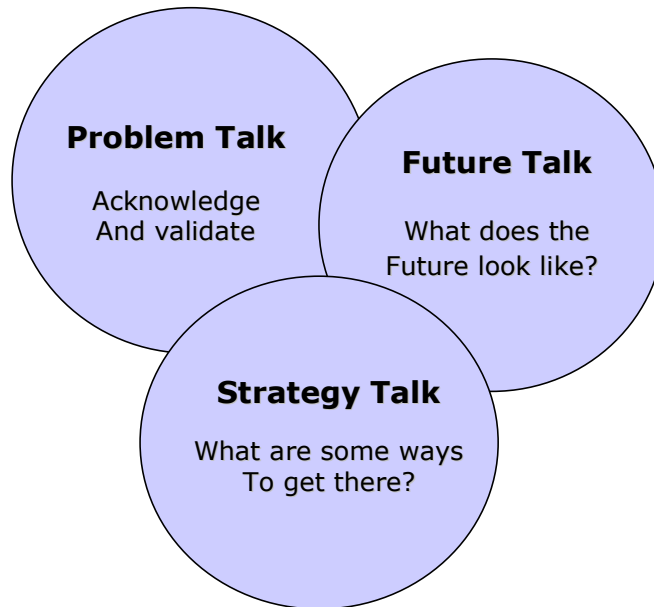


A Solution-focused Process



Adapted from: O'Connell, B. (2001). *Solution-focused stress counselling*. London, UK: Continuum.

Problem Talk

- Acknowledge and validate the problem
- Invite the client to put the problem into one word and that word into one sentence
- Convert the problem statement into an achievable goal

Future Talk

- What is a desired future for the client? "Where do you want to get to?"

Strategy Talk

- Utilize the client's resources to explore and develop the steps to get to the desired future.