

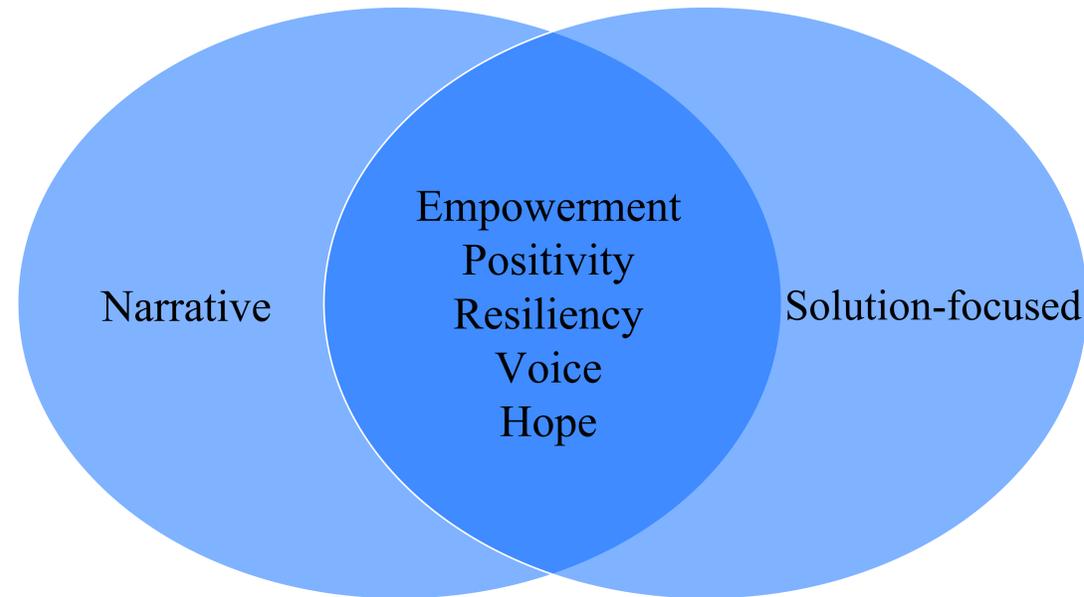
Bridging Solution Focused's positive, goal-oriented philosophy and Narrative's empowerment and resiliency orientation gives a voice to unheard client(s).

Narrative

- Tells story
- Changes language
- Reevaluates views and values
- Finds meaning to foster understanding
- Rewrites story

Solution- Focused

- Builds on existing resources
- Uncovers "previously applied effective solutions"
- Sets attainable goals
- Describes the problem in a way to display change being possible
- Allows the view of a problem to be converted into a solution.



Integration

- Strengths-based therapies
- Treats each client as an individual with a problem rather than that the individual is a problem
- Gives power back to the client.
- Opens a client to alternative understandings of their past experiences to bring upon a more ideal future.
- Narrative and Solution- Focused techniques being used conjointly instills positivity and empowerment in clients.

Techniques

- Deconstruction- examining to find no single meaning. Therapists explain to clients that there is not just one meaning and that there can be multiple understandings of the same idea, event, or experience.
- Unique Outcomes: identifying times in the past when the problem did not exist. Helps in assisting the client(s) in creating new personal stories based on those unique occurrences and reminds them that there were times that despite this problem, they were able to overcome it as well as to explore alternative possibilities.
- Collaboration- negotiating between client and therapist or clients and clients.
- Highlighting- pointing out what client's are already doing right.
- Miracle/ exception/ scaling- Types of questions that are effective ways to assess how a client perceives treatment is going, how close or far a client believes they are to their goal, or to explore what a client expects or wishes to gain from treatment.