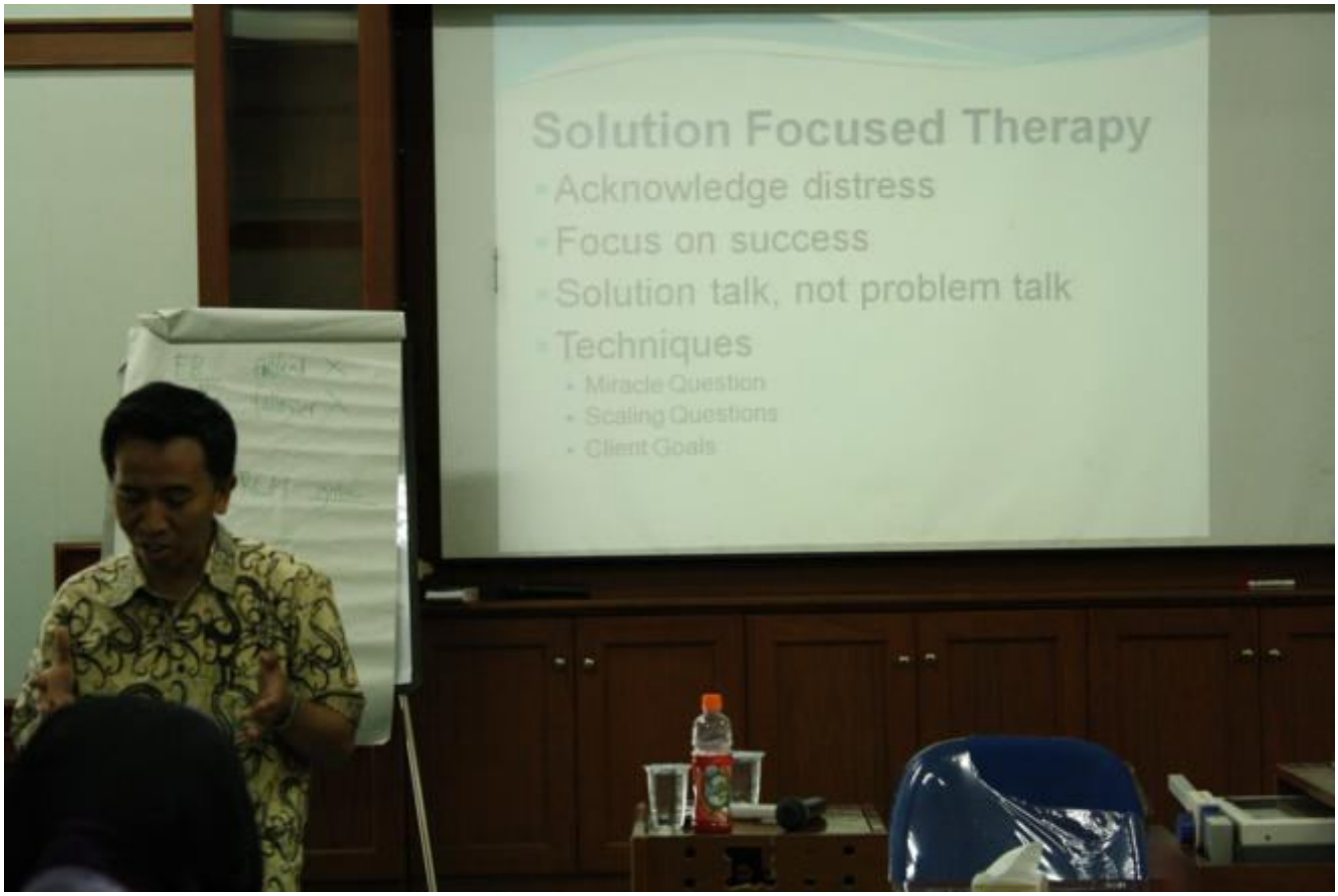
Solution Focused Therapy
Acknowledge distress
Focus on success
Solution talk, not problem talk
Techniques
Miracle Question
Scaling Questions
Client Goals