

SOLUTION FOCUSED BRIEF THERAPY
FIRST MEETING

Client name:

Date:

Presenting issue(s):

Best hopes for coming here?

Strengths, skills, interests (problem-free talk):

Support, family, friends, etc.:

If this work was successful how would you and the client know?

Exceptions (to the problem):

What has made these exceptions more likely to happen?

Wonderful/miracle question:

Scale point after the 'wonderful' thing has happened:

Scale point today: How come? What gets you there on the scale?

What would be happening that tells you that you have moved up the scale?

What would others notice?

Between-session task(s):

Coping questions:

Other comments:

Usefulness of meeting (scale):

What would make the next meeting even more useful?