

## IDENTIFICATION OF CURRENT PROBLEMS

What are the issues to be resolved?

TAKE ACTION  
Problem Solve

# SOLUTION-FOCUSED THERAPY

## RAISE AWARENESS OF STRENGTHS & SKILLS

Previous experience  
Personal abilities  
Possible paths

## IDENTIFY GOALS

Miracle Question  
What will life look like when XYZ is achieved?

# The Solution Focused Therapy Model The First Session Part 1

**J Ma**



## **The Solution Focused Therapy Model The First Session Part 1:**

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