Creating Solutions: A Solution Focused Single Session Psychotherapy Group

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Our Focus - Curiosity

I have no special talents. I am only passionately curious.

- Albert Einstein

I keep six honest serving men, they taught me all I know. Their names are What, Why, When, How, Where and Who.

- Rudyard Kipling
The Setting

- Community Mental Health Centre, Red Deer, Alberta
- Referrals from Crisis Response Team at the Red Deer Regional Hospital, Intake Team and Mental Health Therapists at the clinic
- One evening weekly from 5:00-6:30p.m.
Why Bother???

• Increased accessibility and decreased barriers to services:
  
  • Embracing a philosophy of inclusion vs. exclusion criterion
  
  • Reduced “gap” between crisis services and therapy services
  
  • Decreased wait time for clients to receive services
Let's see what happens - An experiment?

• Started with “small” goals
  - Let's see if we can be helpful to clients
  - Support the work of Crisis, Intake and Ongoing Therapy services

• Implementation relied on SF philosophy and ongoing evaluation vs. “figuring it all out” before hand
An Observation

We have noticed something interesting...
A Single Synchronicity???

• “Occurs during turning points or personal crisis”

• Synchronicity may reassure us, point us in a whole new direction, or give us the missing piece we need to make everything work
Synchronicity Elusive???

• How we help people join in -> Participants Share
• Notice Emergence of themes -> Common Experience
• Minimal presence of the facilitators -> Peer Discussion
• Facilitation through a common philosophy -> Natural Flow
• Possess a belief in people -> Clients reveal strengths
What You Really want to know

Details, Details...
Getting Started…..

• Each group is started with a new Solution Focused Challenge/Experiment to cultivate Hope
  - Attitude of “Let’s see what happens…”

• Some traditional SF questions: Miracle Question, Best Hopes, Preferred Futures, Scaling, Exceptions etc.

• Deliberate noticing of opportunities for curiosity regarding hope, strengths, next steps, coping, what's working etc.
Discussion Questions

• Name and what attracts you to Solution Focused therapy?

• How would this group define synchronicity?

• How does synchronicity apply to Solution Focused practice?

• What impact does synchronicity have on your practice?

• What are your thoughts on cultivating synchronicity?
Questions/Comments?

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