Creating Possibility Through Intentional Conversation

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Intentional Conversation

Do you Believe?

What is Your Definition?
A Working Definition

Conversation that is Intended to produce a specific and positive outcome with the use of structured questions within the therapeutic relationship
Transformation

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Intentional Conversation

- Think about what we say
- Become mindful and intentional about our words
- Be aware of our frameworks
- Cultivate the climate of change
Cultivating a Climate of Change

Intentional Conversation

- Be intentional about really listening to the client and their story.
- Fine tune therapeutic ears to note strengths, hopes and dreams
- Listen for the exceptions
- Listen for the Hero/Heroin

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-Conscious efforts to help clients frame and construct their continuing story in a more positive direction that leaves them with momentum, hope and agency.
Driven By

Set of attitudes, beliefs and assumptions about the client, the conversation with the client and how solutions are constructed.
Avoid an elaborate theory of personality
- Concerned with observable phenomena
- Look at the repetitive sequences or patterns surrounding symptoms
- No inference about underlying individual or family dysfunction
- Future oriented
- Change is constant, not difficult, it is inevitable
- Therapy is geared toward the focus of solutions utilizing client resources and strengths
- Try something Different
- Take each new session as it comes
- A focus on directives/Goal driven
- Causality
- Meaning is interactionally construed.
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Dialectical Pathway

SFBT is a logical, simple and rational way of thinking and reasoning with the client about resolving life’s difficulties; reality is co-created.

-Counselor: Various conversational avenues that can SFBT counseling can proceed.
-Client: Actual process of change.
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The Ultimate Outcome

- The Journey Along the Way Visualizes Change
- Improvements are Seen
- Awareness is Developed of Forward Movement
- Momentum Created to Stay on the Path to Change
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The 5 Pathways

- Recent Change
- Future Focus
- Managing/Coping
- Self-Interest
- Externalize

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5 Pathways of Conversation Flow Chart

- Attentive Listening
  - Recent Change
  - Manage
  - Externalize
  - Self-Interest
  - Future Focus

- Vision
- Tracking Questions
- Goal
Recent Change

- **Client dialogue**: Suggests that change has already begun.
- **Clinician Assumption**: Change Can Occur
- **Dialectic Stance**: Curiosity about what has changed or is better.

**Example:**

“What have you noticed that has changed in your situation?”

**Future Focused Intentional Question**: Miracle Question.
Client Dialogue: Nothing is working for them and they cannot imagine change.

Clinician Assumption: There are exceptions to their current way of maintaining the problem. Despite the problem, the client is managing the problem because it is not getting worse.

Dialectic Stance: Curiosity about how the client is managing despite having great difficulties. Amplify moments of managing or keeping things from getting worse.

Example:
“It’s amazing that you have been able to put up with this. How have you been able to manage?”

Future Focused Intentional Question: “If we were able to magically wipe this problem away how would that affect you? What would you notice that would be different?”
Externalize

- Client Dialogue: Problem entrenched dialogue. Cannot see a future without the problem. Life is problem saturated, intense and multifaceted.
- Clinician Assumption: Client needs a way to organize themselves around a solution. The problem is the problem.
- Dialectic Stance: Externalize the problem to categorize it and avoid clients feeling blamed for the difficulties they face. Help to keep them focused on a solution to structure the session.

Example:
“How long are you going to let (the problem) get the best of you?”

Future Focused Intentional Question: “If we teamed up to defeat this ----- once and for all what do you think would change (with you, others).
Self-Interest/Mandated

- **Client Dialogue**: Being forced or does not want to come willingly to counseling (usually probation or a court referred referral). Does not want to be involved.
- **Clinician Assumption**: Client’s want the situation to improve in some way. Small change leads to larger change.
- **Dialectic Stance**: Discover with the client from a point of “what’s in it for the client” or self interest.

**Example:**

“Why do you think (concerned person) wanted you to come and talk with me?”

**Future Focused Intentional Question**: “What needs to happen for (the person concerned) to be convinced that real change has occurred.”
Future Focus

- **Client Dialogue:** Sees future in terms of a negative past. Therefore, future is anticipated as having a negative outcome.
- **Clinician Assumption:** Client Wants to do something about the future but may not know how.
- **Dialectic Stance:** Hypothetical and focus on the future without the problem. Dialogue on what the client wants vs. what the client does not want. Juxtapose the two.

**Example:**
“What needs to be different in your life today, tomorrow or the day after tomorrow, something small for you to feel or think that it was useful talking to me about this problem?”
Tracking Questions/Scales

- Used to visualize forward motion.
- Assess progress and clarify the picture of change.
- Organizes the vision for the client.
- Assess hopefulness, willingness to work toward solutions.
- Assess commitment to relationships.
- Work out what needs to be done next.

Example:

“On a scale from one to seven, one being we haven’t moved to the goal and 7 we are there, how close are we to getting you to the place you wanted to be at the beginning of our time?”
Hope is like a lighthouse keeper's beam
Hope the master cobbler of our dreams
For Hope believes in desert streams
The mightiest of stars
The microcosm in a jar
Vast or small they all revolve on Hope

Hope the guardian angel of the dove
Hope a gift of guidance from above
For Hope is the heart in mother's love
No plans could be conceived
No ships could fare the seas
For there would be no courage were it not for Hope

Now the path before us lies before our very eyes
Don't you see
And it leads up to the gateway
Lead me through
Don't you see

Then come and take my hand
Raise up your head
And dry your eyes
For up ahead I see
Woh woh yeah
A ray of peace
A-shining on me

So let us feel Hope
And feel the sunrise in our minds
To give Hope is to enlighten all mankind
Ah but lose Hope and life seems black as blind
When faith gives way to fear
When motivation disappears
All is lost if one abandons Hope
All is lost
If one abandons Hope
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Thank You!!