

## **Second-Order Change in Solution Focused Brief Therapy SFBTA 2007 Conference, Toronto, November 2007**

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1. Definitions:
  - a. First-order change: within the existing system
  - b. Second-order change: shifts the premises of the system
2. Recent assertion that second-order change is the "golden thread" unifying effective treatments – but SFBT is not mentioned as one of the "effective treatments"! This is a serious omission – one which this workshop proposes that we correct.
3. How second-order change runs through SFBT in multiple ways:
  - a. In Steve's original recognition that the specifics of the problem may not matter;
  - b. In the miracle question and acting "as if";
  - c. In promoting the recognition that pieces of the solution are already present and that the client does not have to wait for the problem to disappear;
  - d. In amplifying differences that make a difference;
  - e. In scaling questions and general solution focused inquiry;
  - f. In solution focused supervision
4. Additional specific techniques:
  - a. The problem may be present – and not a problem (acceptance)
  - b. Metaphors
  - c. Positive psychology's contributions
5. First-order change is often useful as well!
6. Why does this matter?
  - d. So we may demonstrate to certain "customers" in behavioral health care that our work includes this component;
  - e. So we can recognize and continue to create second-order change in our work.
7. Sharing exercise: Viewed through this lens, how is your own work already creating second-order change opportunities?
8. Dialogue

