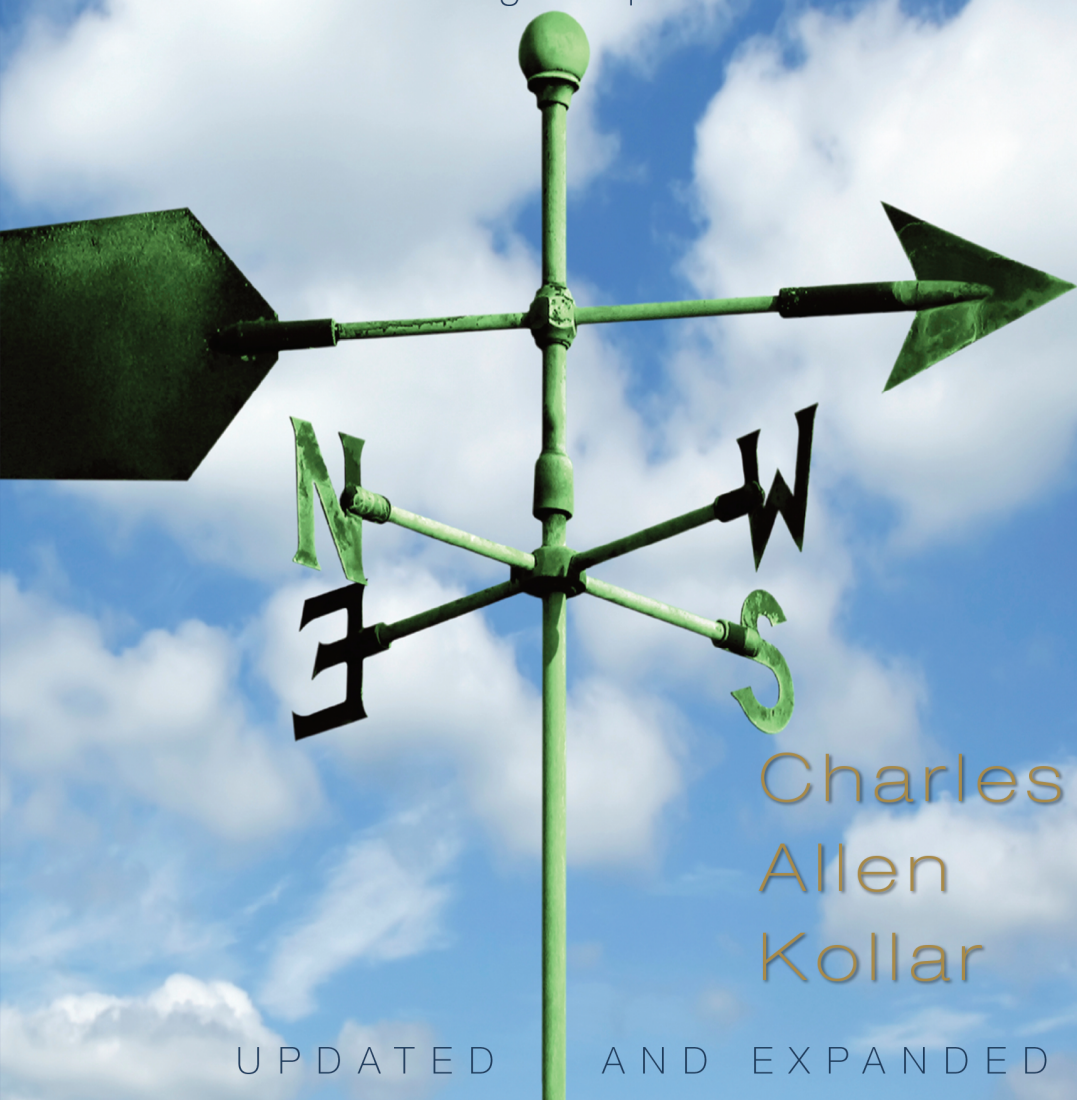


Solution-Focused Pastoral Counseling

An Effective Short-Term Approach for
Getting People **Back on Track**



Charles
Allen
Kollar

UPDATED AND EXPANDED

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN

Solution-Focused Pastoral Counseling

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Figure 3.1. Young woman and old woman

The Counseling Interview: A Framework for Change

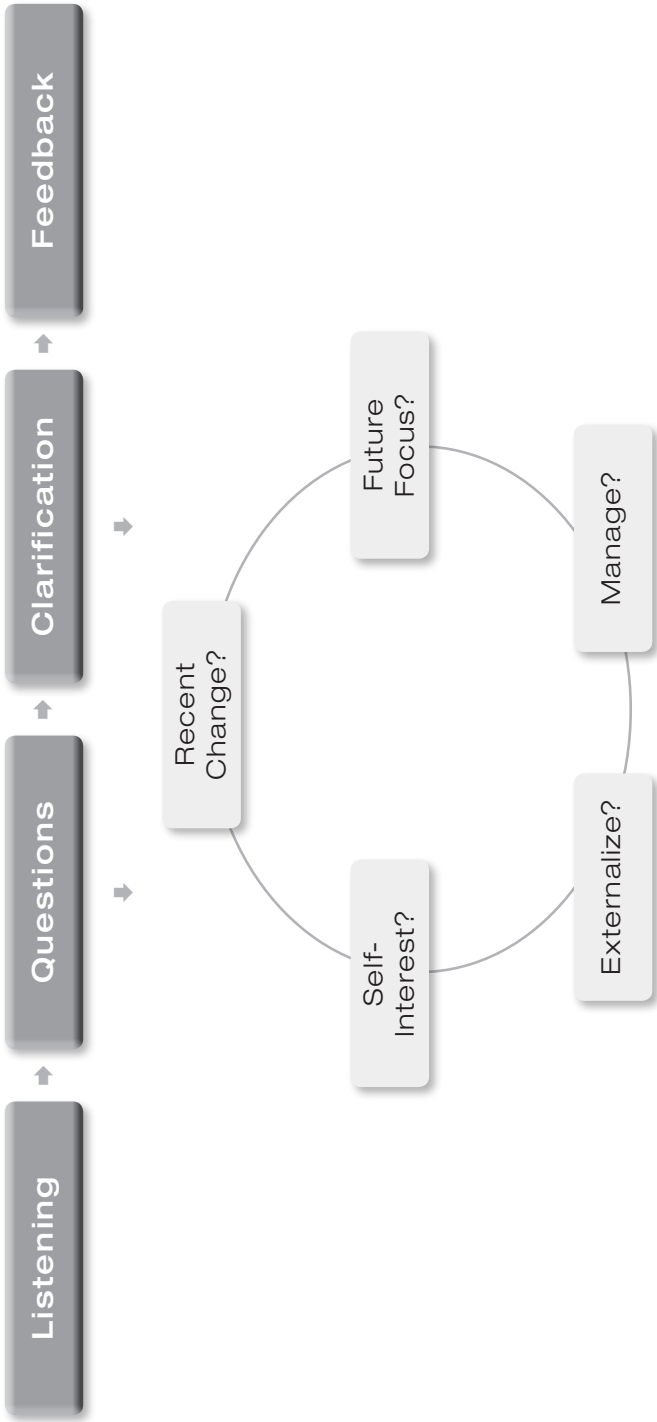


Figure 8.1. Solution-focused pastoral counseling flowchart

Listening: A Search for Clues

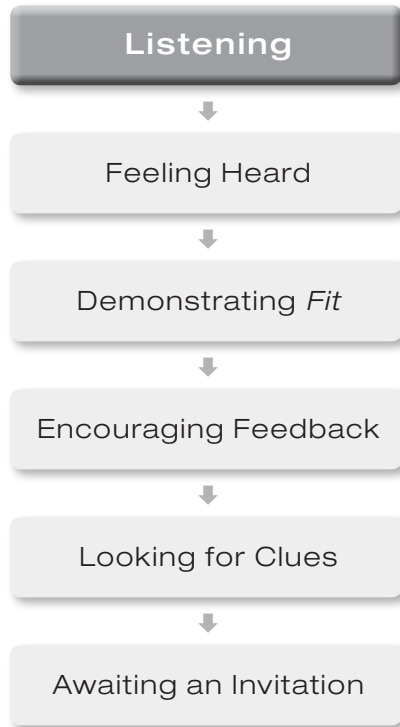


Figure 9.1. Listening

	Interview Worksheet
	Presenting Problem:
	Exceptions to the Problem:
	Supportive Compliments:
	(Positive Actions, Reduce Fears, & Reveal Strengths)
	Educative Comments:
	After-Session Suggestions:
	(Goal Description & Task)

Figure 9.2. Interview worksheet

Questions:

Highlighting Change as Meaningful

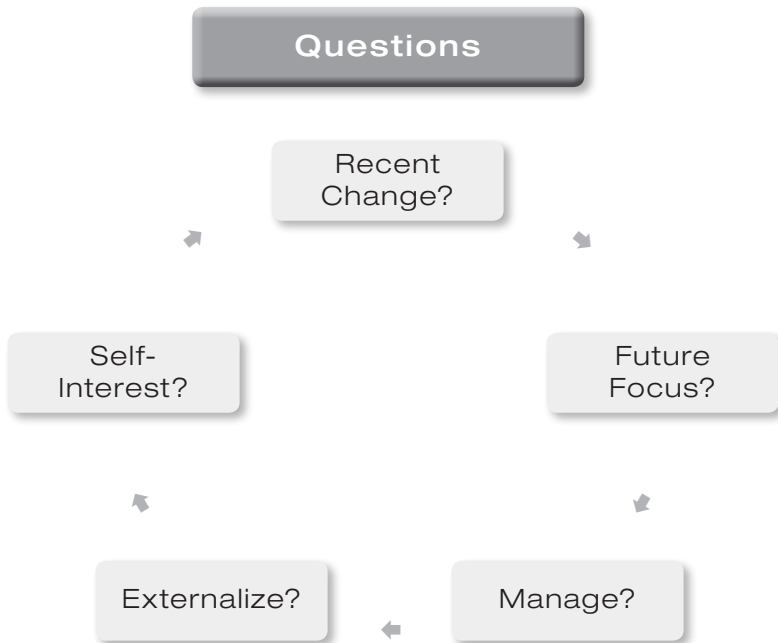


Figure 10.1. Questions

Clarification:

A Description of Life
without the Problem



Figure 11.1. Clarification

Feedback:

Promoting and Supporting Change



Figure 12.1. Feedback

The SFPC Model: Further Development

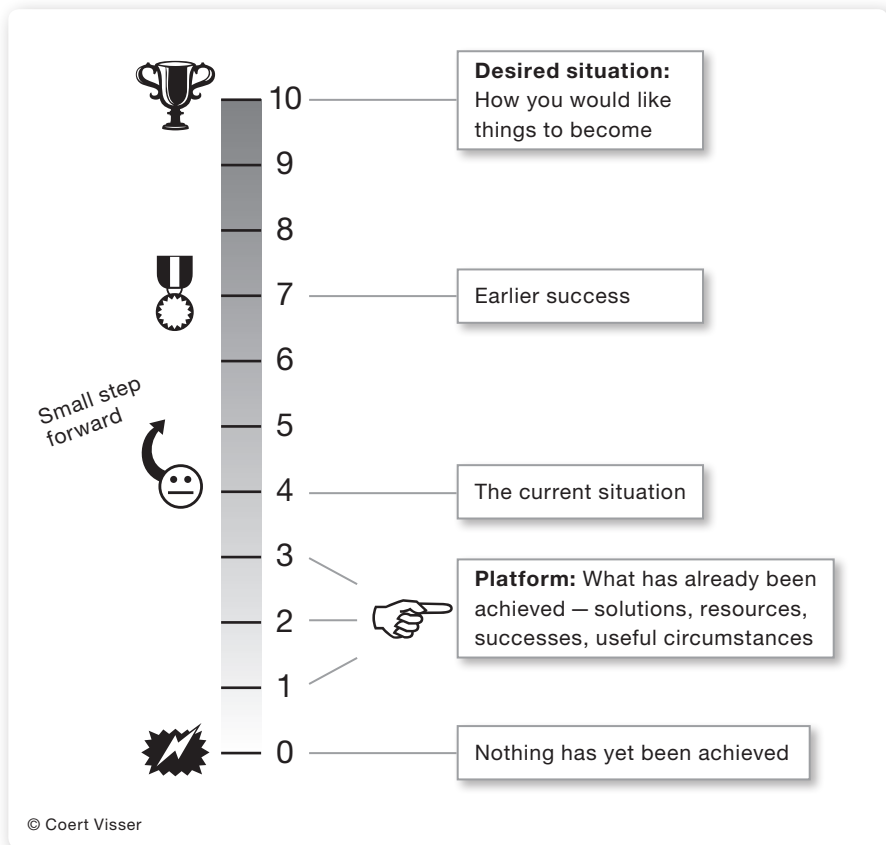


Figure 15.1. Scaling Diagram

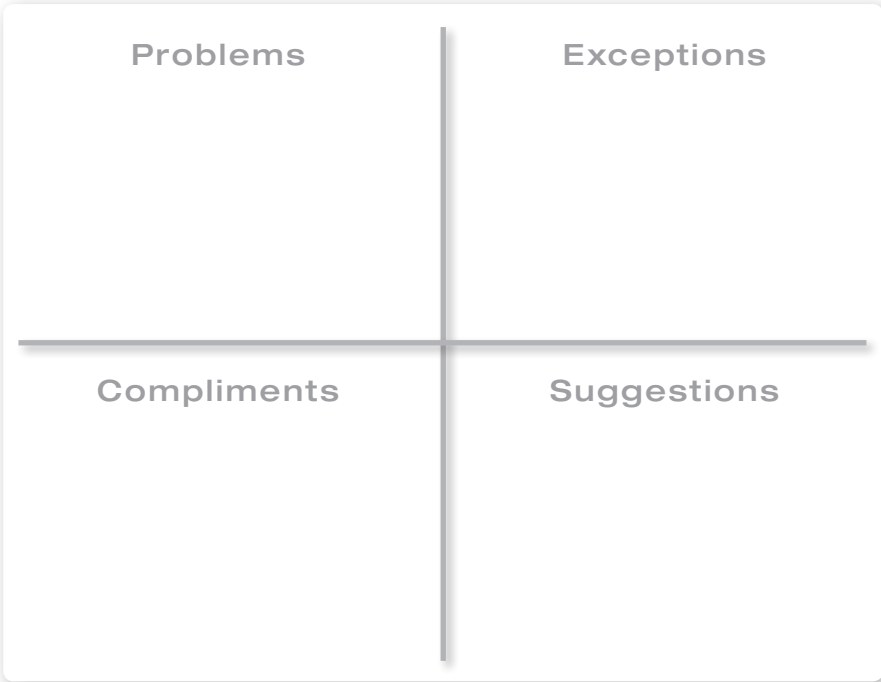


Figure 15.2. Simplified grid for note taking

Solutions Conversation: Applied in the Life Context

16

Solution-Focused Scale for Alcohol Use

Indicate the degree to which each item occurs

1 = Seldom; 2 = Sometimes; 3 = Pretty Much; 4 = Very Much

1. Control/Manage Alcohol

- _____ Able to limit number of drinks
- _____ Enjoy days without alcohol
- _____ Recognize alcohol abuse situation
- _____ Manage pressure to drink
- _____ Accept alcohol free lifestyle

2. Social and Family Life

- _____ Participate in family functions
- _____ Seek non-drinking friends
- _____ Interested in the welfare of others
- _____ Communicate needs to those I care about
- _____ Enjoy sex without alcohol

3. Physical Health

- _____ Maintain healthy lifestyle
- _____ Maintain physical appearance and hygiene
- _____ Exercise regularly
- _____ Eat and sleep well
- _____ Relax without alcohol

4. Financial, Job, Career

- _____ Able to manage money
- _____ Go to work/school regularly
- _____ Have career goals and plans
- _____ Limit money spent on alcohol
- _____ Accomplish tasks on time

5. Emotional Health and Spiritual Life

- _____ Have a positive self-image
- _____ Express feelings appropriately
- _____ Accept criticism
- _____ Interested in spirituality
- _____ Recognize stressful situations
- _____ Admit mistakes
- _____ Seek/accept advice of others

Figure 16.1. Solution-focused scale for alcohol use

Recovery Checklist

1. Please list areas where a little improvement will make even more difference toward your goal:
2. From the list above, list the smallest thing you are willing to do in order to make improvements that you want in your life:

Figure 16.2. Recovery checklist

SOLUTIONS CONVERSATION QUESTIONS

Circle of Influence Questions

- In what way does the _____ influence your self-esteem?
- In what way does the _____ influence your relationships?
- In what way does the _____ influence your relationship with your parents/significant others?
- In what way does the _____ influence your relationship with your siblings?
- In what way does the _____ influence your relationship with your friends?
- In what way does the _____ influence your relationship with your coworkers/supervisors?
- In what way does the _____ limit you?
- What does it keep you from doing?
- What does it invite others to think about you?

Exception Questions

- When are the times you have been able to influence or control the _____?
- When are the times you cooperated with yourself instead of cooperating with it?
- How do these times affect what you think about yourself?
- What other ways have you influenced the _____?
- Tell me about some times when you haven't believed the lies that _____ has told you.
- What can you tell me about your past that would help me understand how you've been able to take these steps to stand up to _____ so well?
- As you continue to stand up to _____, what do you think will be different about your future than the future _____ had planned for you?
- Who could you tell about your development as a member of Life Hurts, God Heals that could help celebrate your freedom from _____?

Externalizing Questions (Giving the Problem a Name)

How long has this _____ (e.g., depression, bulimia, anorexia) been pushing you around?

How long has _____ been lying to you?

What do your parents/significant others do to help you stand up to it?

How would things be different in your family without this _____?

How do you suppose your relationship with _____ would be different without the _____?

When does the _____ seem to have less control?

How do you suppose the _____ helps or protects you?

Solution-Focused Recovery Scale for Survivors of Sexual Abuse

PLEASE RATE EACH ITEM to the degree to which it occurs:

0 Not at all; 1 Just a little; 2 Occasionally; 3 Frequently.

- _____ Able to think/talk about sexual abuse.
- _____ Able to think/talk about things other than sexual abuse.
- _____ Sleeps adequately.
- _____ Feels part of supportive family.
- _____ Stands up for self (assertive).
- _____ Maintains physical appearance (weight, hair, nails etc.).
- _____ Goes to work.
- _____ Satisfied with work.
- _____ Engages in social activities outside the home.
- _____ Shows healthy appetite.
- _____ Cares for child, loved ones, pets.
- _____ Adapts to new situations.
- _____ Initiates contact with friends, loved ones.
- _____ Shows sense of humor.
- _____ Interested in future goals.
- _____ Pursues leisure activities, sports, hobbies.
- _____ Exercises regularly.
- _____ Takes sensible protective measures inside and outside house.
- _____ Chooses supportive relationships over non-supportive ones.
- _____ Able to relax without drugs or alcohol.
- _____ Tolerates constructive criticism well.
- _____ Accepts praise well.
- _____ Enjoys healthy sexual relationship.
- _____ Has long term friendships.
- _____ Satisfied with relationship with spouse or partner.
- _____ Partner or spouse would say that relationship is healthy, satisfying.

OTHER SIGNS OF RECOVERY (Please list):

Figure 16.3

Solution-Focused Assessment Tools: T-JTA and M-BTI

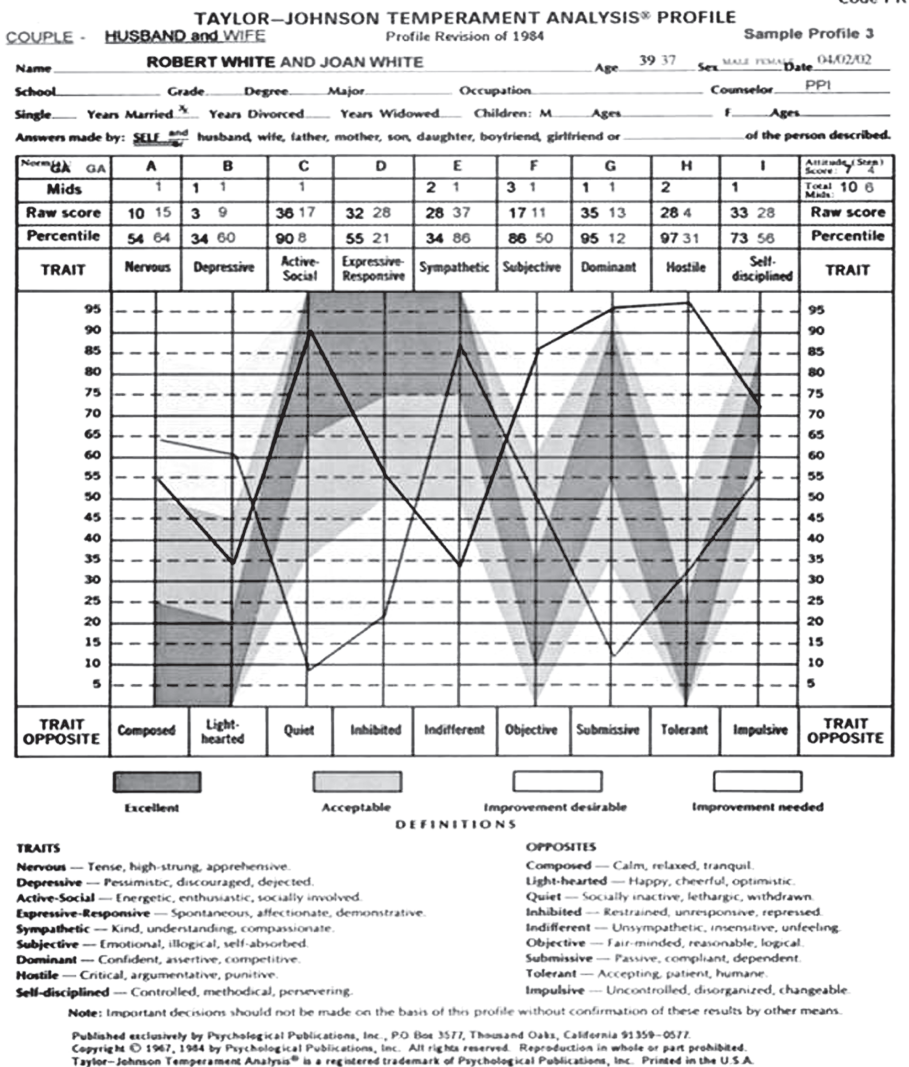


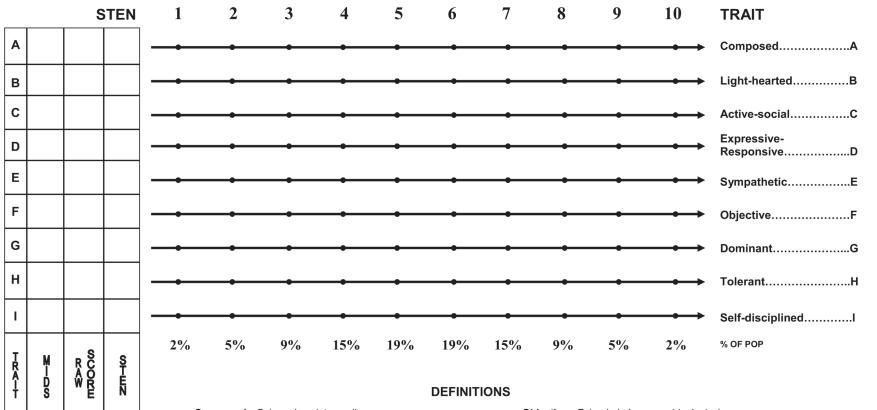
Figure 17.1. T-JTA Crisscross Profile

T-JTA “On Track” Scales

Name _____ Age _____ Sex _____ Date _____
School _____ Grade _____ Degree _____ Major _____ Occupation _____ Counselor _____
Single _____ Years Married _____ Years Divorced _____ Children: M _____ Ages _____ F _____ Ages _____

Answers made by: SELF and/or husband, wife, father, mother, son, daughter, boyfriend, girlfriend or _____ of the person described.

Attitude (STEN) Scores: _____ Total Mids: _____



DEFINITIONS
Composed—Calm, relaxed, tranquil.
Light-hearted—Happy, cheerful, optimistic.
Active-social—Energetic, enthusiastic, socially involved.
Expressive-Responsive—Spontaneous, affectionate, demonstrative.
Sympathetic—Kind, understanding, compassionate.
Objective—Fair minded, reasonable, logical.
Dominant—Confident, assertive, competitive.
Tolerant—Accepting, patient, humane.
Self-disciplined—Controlled, methodical, persevering.

Figure 17.2. Solution-focused T-JTA Profile