

Tina Musselman MA, LPC, RDN, CLT

**SOLUTION
FOCUSED AND
INSPIRED
COUNSELING
STRATEGIES**

Tina@ProfoundlyImprovingLives.com
779-379-2755



INTRODUCTION

1 | **Who am I?**

2 | **Why I studied counseling**

- Bridge the gap between knowing and doing

- Relationship/Family Theory: we are all in a system. Nobody is alone.

- We are meant to be in community.

- How that community functions and interacts influences a patient's experience and results.





AH-HA MOMENTS

There is life beyond Maslow, Freud,
CBT and Motivational Interviewing

Paradigm - The way in which
view the world





AH-HA MOMENTS

Rapport

Friendly, harmonious relationship.

Characterized by agreement, understanding or empathy that makes communication possible or easy - Merriam Webster





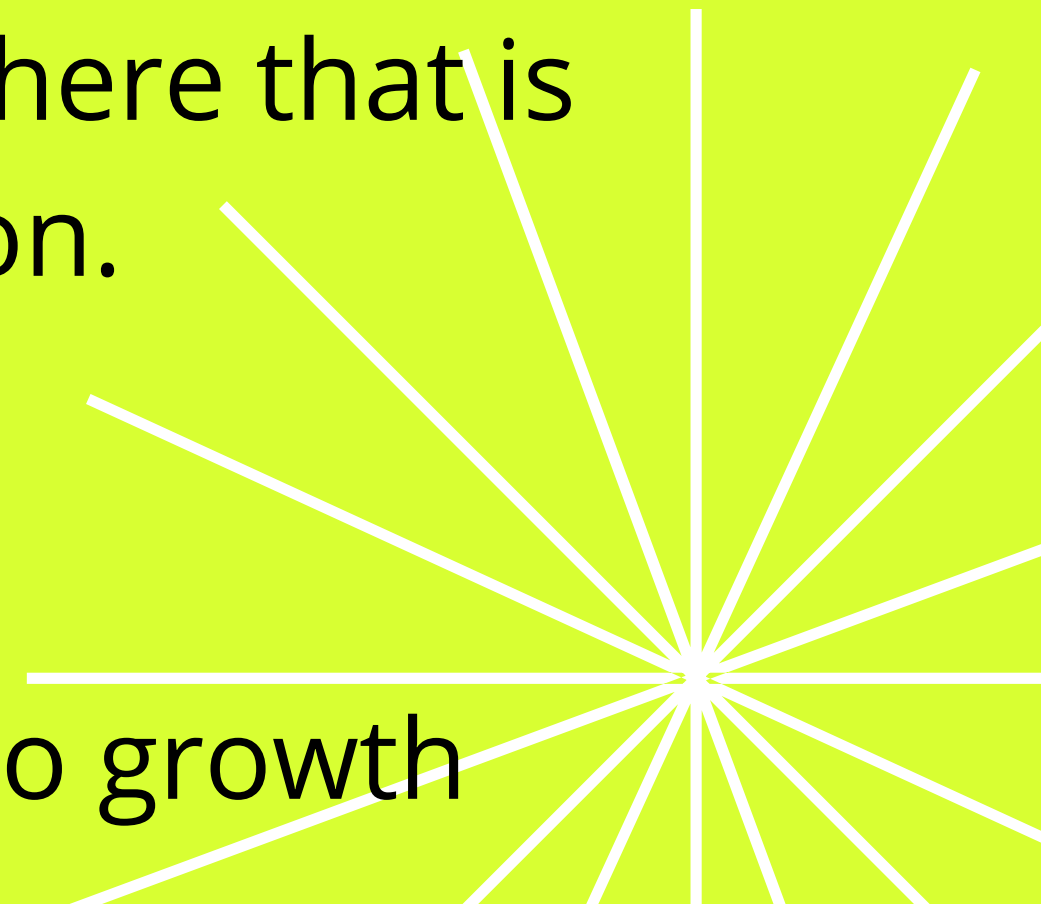
AH-HA MOMENTS

Rapport

*Friendly, harmonious relationship.
Characterized by agreement, understanding
or empathy that makes communication
possible or easy - Merriam Webster*

Creating an atmosphere that is
ripe for confrontation.
- Dr. C. Ellis

Without it there is no growth





AH-HA MOMENTS

Homeostasis in Relationships / Life

Nobody lives in isolation. You are a person in a system.

The family system seeks to maintain its customary organization and functioning over time. It tends to resist change.

There are positive and negative feedback loops.

If you see a client for a half an hour every other week, he/she has 335.5 hours out in their world.

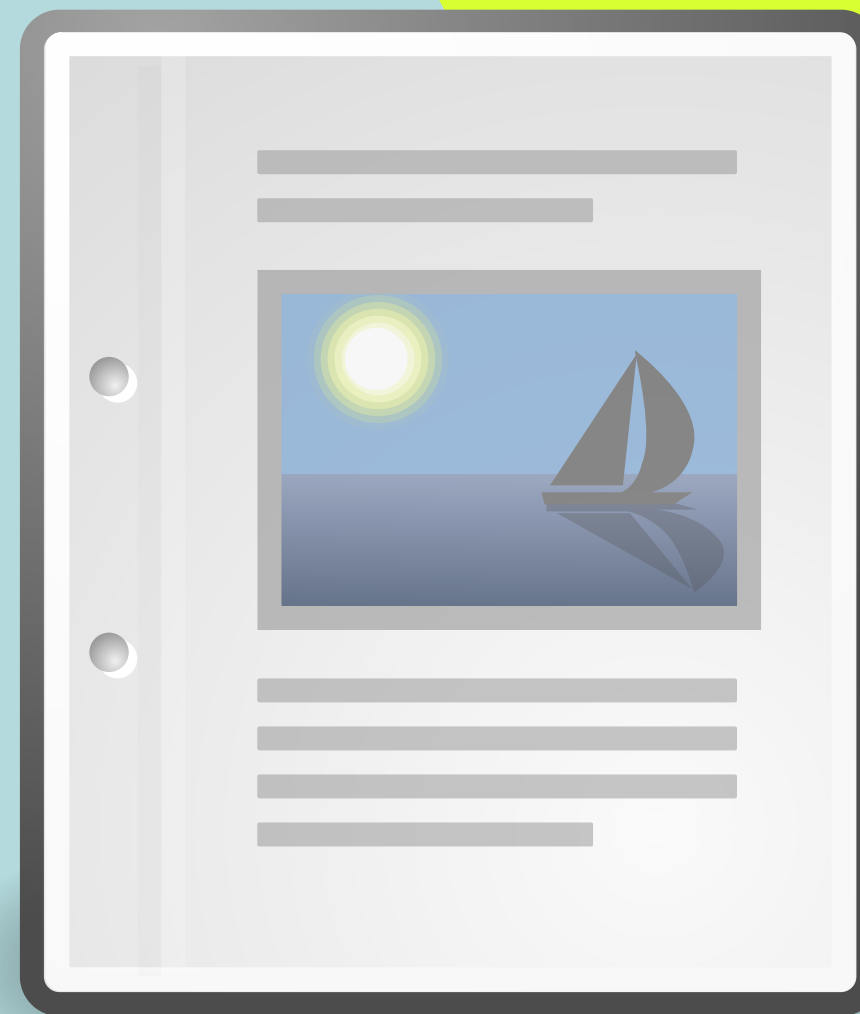
A decorative graphic in the bottom right corner consisting of numerous white lines radiating from a central point, creating a starburst or sunburst effect.

**STEP
AWAY
FROM
THE
EDUCATION**



**STOP
HIDING BEHIND
YOUR
HANDOUTS**

®





SOLUTION FOCUSED THERAPY

- P.01 | Individuals create their own (aka construct) reality
- P.02 | Language has meaning. It creates their reality.
- P.03 | Goal is to move clients from problem talk to solution talk
- P.04 | People already have the skills and knowledge to fix their problem.
- P.05 | Look for exceptions. Time when the problem was not present.

Do more of what works.

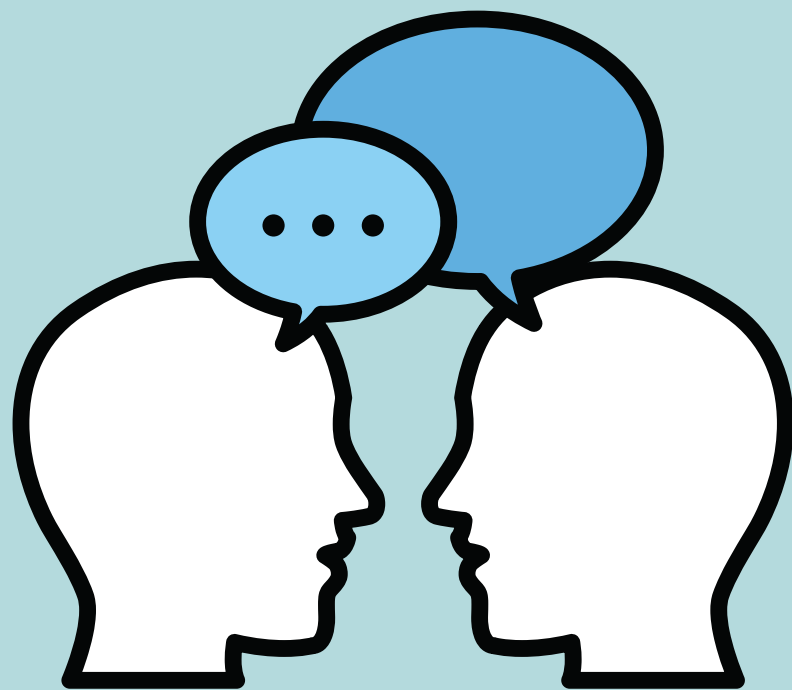


Tina Musselman

TIPS AND TRICKS

LANGUAGE HAS MEANING

Words are windows a into someone's mind, paradigm, reality. Words have meaning.



"Listen for key words, stop the session, and ask the client to define what that means to him/her.

Tell me that that would look like if XXXX.

When XX occurs, describe to me what happens?

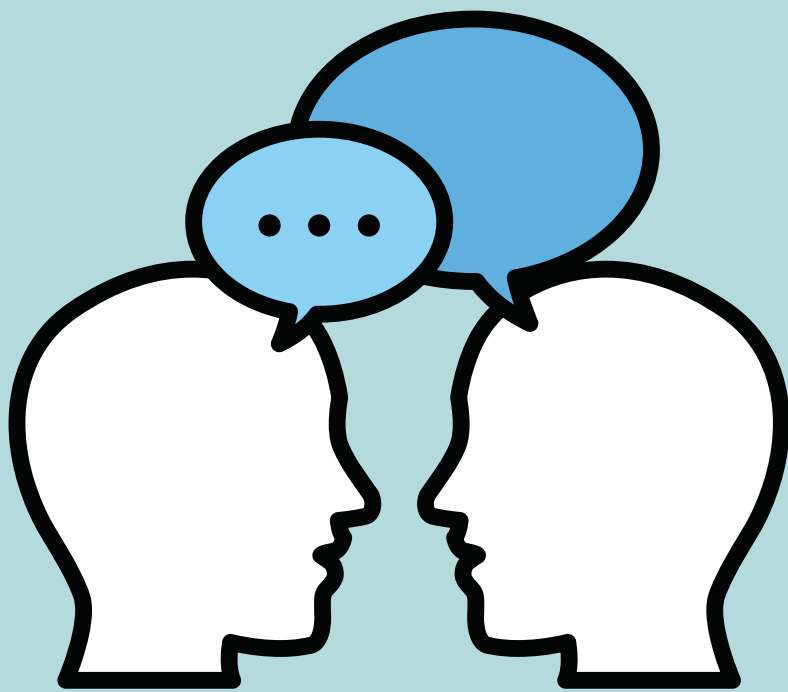
Use their language to build rapport quickly. Establishes that you understand and hear him/her.

Talking differently can be a precursor to change.

TIPS AND TRICKS

LANGUAGE HAS MEANING

<https://drive.google.com/file/d/1mxsGtqOTXQX9iefxL8SBLj7RP2v1MltC/view?usp=sharing>



TIPS AND TRICKS

EXCEPTIONS: DO MORE OF WHAT WORKS

Exceptions: Time when the problem was not a problem.

Do more of what works.

Human nature tends to focus on what is broken.

Have them verbalize their success. Talking differently is a precursor to change.



TIPS AND TRICKS

EXCEPTIONS: DO MORE OF
WHAT WORKS

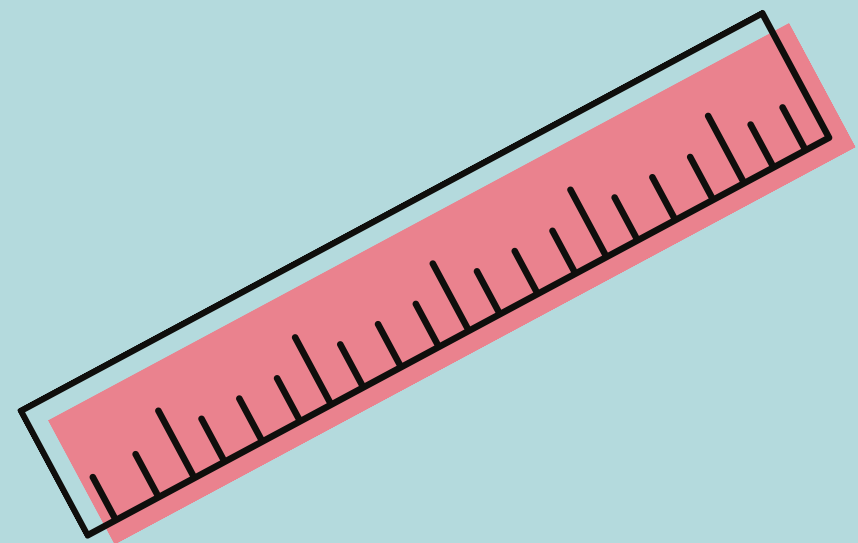
[https://loom.com/share/e3326a79767f4c8c93532e2d3bb0f0a](https://loom.com/share/e3326a79767f4c8c93532e2d3bb0f0a3)
3



TIPS AND TRICKS

THE LIKERT SCALE

On a scale of 0-10, where are you.....



Have him/her imagine a different # closer to goal and talk about what being at that # would look like.

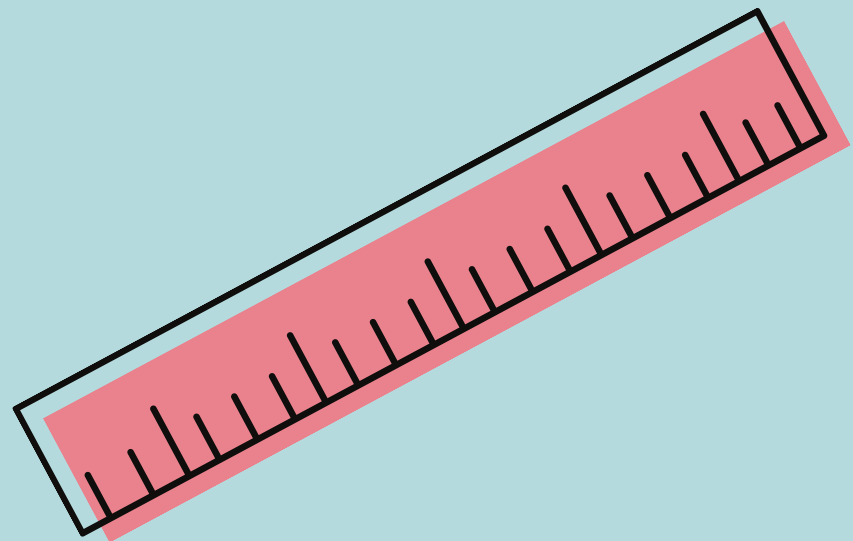
Ask them to list the difference between the # they are currently at vs. the # closer to goal. People will give you their own solutions to the problem. You don't have to guess.

TIPS AND TRICKS

THE LIKERT SCALE

On a scale of 0-10, where are you.....

<https://drive.google.com/file/d/1WVBY0ZbZ-cmyc73nBqdopMThthTwLTNB/view?usp=sharing>





TINA MUSSELMAN

(779) 379-2755
tina@profoundlyimprovinglives.com

