

Solution Focused Practice Aotearoa 2019

# How do we take "person centred care" from a ~~concept~~ cliché to a practical approach using Solution Focused Brief Therapy?

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LEFT TURN SOLUTIONS  
*A cliché-free zone*

“It’s not the diagnosis that stigmatises,  
it’s the process to get the information  
that does, the diagnostic interview ... a  
process of humiliation”

Dr. Harry Korman 2018 AASFBT Conference, Melbourne

## Workshop

- Divide yourselves into 3 groups (you choose)

Client/patient

Nurse/clinician

Psychiatrist/clinical lead

- You will be working FROM a particular perspective, but working FOR the other perspectives
- I will provide some basic information
- Work through this for 15 minutes
- Present a couple of key points to the whole group

## Workshop

**Task**: To develop an assessment tool or treatment plan

**Aim**: To think about what is and what isn't person-centred within SFBT work (and our work in general)

**Context**: Mental Health Settings (Inpatient, Community, or even perhaps non-government agencies). This is more about an intake interview or assessment, and not a SF counselling/therapy session, however ...

# Workshop

This tool must be:

- Person-centred (that person is NOT the psychiatrist)
- Solution-focused (as much as possible)
- Useful to everyone (client, nurse, psychiatrist)
- Able to be complete and understood by someone without SFBT experience

Also, it does not have to be completed in 1 day

# Workshop

Group presentation/discussion:

We don't need a whole tool, we just want:

- 1 or 2 questions to put onto a tool
- 1 or 2 interesting points that came up in your discussions about SFBT and Person-Centred assessment/care from the perspective that you were working from

‘The question is not “What problem brings you to therapy?” but “What would you like to achieve by coming to therapy?” ’

Sharry, J., Darmody, M., Madden, B. (2002) “A solution focused approach to working with clients who are suicidal.” *British Journal of Guidance & Counselling*, 30. Pp. 383-399

“One advantage of this type of perspective is that it tends to change the nature of what one finds in [clients]. Simply stated, if one studies only [clients’] problems, one finds only problems.”

DeFrane, M. (1999) “Strong families around the world” p.13

“The counselor should approach every new problem in a Spirit of humility and in the conviction that regardless of how similar it may appear to others in his experience, it (the case) must be studied and treated as if it were totally new and unprecedented.”

“Some Suggested Principles and Guides for Marriage Counseling” from Marriage Counseling: A Casebook (Mudd et al., 1958)

“The uniqueness of personalities and their interrelationships as well as the complexity and unpredictability of human interaction must ever be kept in mind. Besides, professional personnel dealing with people in trouble must exercise the greatest possible caution lest they act on the assumption that they are endowed with special powers of omniscience. It is sometimes difficult for them to keep from believing in their own superior qualities and to refrain from acting accordingly.”

“Some Suggested Principles and Guides for Marriage Counseling” from Marriage Counseling: A Casebook (Mudd et al., 1958)

“When I focus on what’s good today, I have a good day, and when I focus on what is bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases”

Alcoholics Anonymous (1976) Alcoholics Anonymous: the story of how thousands of men and women have recovered from alcoholism (The big book). Alcoholics Anonymous World Services, New York.

“Annie Hall: Oh, you see an analyst?

Alvy Singer: Yeah, just for fifteen years.

Annie Hall: Fifteen years?

Alvy Singer: Yeah, I'm gonna give him one more year, and then I'm goin' to Lourdes.”

Annie Hall 1977

“Plan for exit on entry, ask in the first session how someone will know when it is time to stop coming to see you. Dependence on therapist/worker, puts clients achievements in the shade, let them shine (and stop coming to you). #sfbt #solutionfocus #solutionfocused”

Paul Hanton (New Zealand), Twitter, 15/8/2018

Walking with rather than doing to.

Carl Rogers (1969) "Freedom to learn"

### Consumer Centred Care

What is Consumer Centred Care?

Become a  
member

Join online now!

The essence of consumer centred care - that the health care system should be designed around the patient with respect for a person's preferences, values and needs.

What is clear is that consumer centred care is part of a shift in focus and that healthcare systems cannot cope if they continue to focus on the disease rather than the person. There is a growing consensus that the involvement of consumers, and a system focussed on the needs and preferences of consumers, may be the most cost-effective way to improve health outcomes.

HCA considers that the patient or consumer, with their carer as appropriate, is the only person in a position to make the decision on what consumer centred healthcare means to them. Ultimately, the required outcome of healthcare is a better quality of health and/or life as defined by the consumer.

Consumers want health care that puts them at the centre of decision-making and treats them as whole human beings not as symptoms or body parts that need treatment. This means a relationship between consumers and health care providers that is based on mutual respect and operates as a partnership.



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SFP Aotearoa - Napier 2019

When things aren't going right, turn left

**LEFT TURN  
SOLUTIONS**

2019 AASFBT Conference

University of Canterbury  
Christchurch Nov 22-24

Ben Furman Workshop Nov 21

[www.solutionfocused.org.nz](http://www.solutionfocused.org.nz)

Abstracts now open

# Client-centred



Carl Rogers

“When the locus of evaluation is seen as residing in the expert, it would appear that the long-range social implications are in the direction of the social control of the many by the few.”

# Client-centred



Carl Rogers

“The kind of caring that the client-centered therapist desires to achieve is a gullible caring, in which clients are accepted as they say they are, not with a lurking suspicion in the therapist's mind that they may, in fact, be otherwise. This attitude is not stupidity on the therapist's part; it is the kind of attitude that is most likely to lead to trust...”

# Client-centred



Carl Rogers

“True empathy is always free of any evaluative or diagnostic quality. This comes across to the recipient with some surprise. “If I am not being judged, perhaps I am not so evil or abnormal as I have thought.”

# Client-centred



Carl Rogers

“the more I can keep a relationship free of judgment and evaluation, the more this will permit the other person to reach the point where he recognizes that the locus of evaluation, the center of responsibility, lies within himself.”