



# SF WINDOWS



## TEACHING TOOL FOR INTRODUCING (INTO) & PRACTICING “SITUATIONS FOCUSED CONVERSATIONS”

Our model of SF conversations includes three areas – “WHAT” & “HOW” & “DO”.

**“WHAT” AREA** consists of: clients’ and other’s perceptions of – present situations (holistic or partial ones), external and internal difficulties, external and internal goals, future situations.

**Basic ideas** around “What” area: 1. Thinking in terms of problems and solutions is replaced by thinking in terms of PAST, PRESENT AND FUTURE SITUATIONS and is supplied by thinking in terms of external and internal difficulties and goals. 2. Creating useful descriptions of present situation and difficulties may be fundamental in order to work on goals and future situations.

**“HOW” AREA** consists of: clients’ and other’s experience of how to achieve their goals and future situations. It’s mostly achieved through the analysis of client’s past, and present situations (exceptions), but also relies on client’s knowledge. In some cases the ‘how’ area is reinforced by connecting clients to external resources like: other clients’ experience, other people experience (including therapist), theoretical & scientific knowledge.

**Basic idea** around “How area”: 1. Instead of using one source of ideas (just client’s one) let’s be open for connecting to and utilizing all potential resources of ideas giving attention to its usefulness in client’s real life. 2. Some situations require preparing totally new tools to achieve wanted situations.

**“DO” AREA** consists of clients’ and others’ actions, which are undertaken in spite of achieving clients’ and others’ goals. These actions may be performed during session, during trainings, or in real life.

**Basic idea** around “Do” area:

1. A change in “client’s doing” may be performed during session long before it is performed in real life.
2. Before “doing” in real life it may be useful to exercise that “doing” in safe environment, like during training.
3. Descriptions of “WHAT” & “HOW” sometimes are supportive, sometimes are necessary, and sometimes are useless for the process of performing change on “doing level”.

Our model of SF WINDOWS implies that you can start your conversation from any area and any window you want. Flexibility of structure and creativity in choosing next steps of processing conversation and actions with client should be more important than following any pre-created pattern of sf “proper” conversation. Although general idea is that it may be useful to find answers on “WHAT” AREA in order to find answers on “HOW” AREA, in order to perform actions on “DO” AREA, it is much more important to develop therapist skills and abilities in creating “one pattern of conversation for one particular client in one moment of time”.

warmly, Tomasz Switek

**You can find more: solution focused games, Deck of Trumps, our reflections on sf, our trainings offer, and some more stuff on the website - [www.centrumpsr.eu](http://www.centrumpsr.eu).**

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