



Where do we come from? What do we aim for?

Welcome to the 2006 Annual Conference
of the European Brief Therapy Association

**“My problems, failures, suffering and night
time miracle question...”**

Presentation by Tomasz Switek

centrumpsr.eu



problem talk = talking about problems and solutions
solution talk = talking about problems and solutions

problem talk = solution talk ???

**it depends on how we do that,
not about what we talk**

When we talk about problems we can ask:

- ***In spite of that problem what is lacking in your life?***
- ***What is difficult to take care because of the problem?***
- ***What is difficult to achieve in spite of the problem?***
- ***What kind of important things are endangered because of the problem?***
- ***What do you miss most in that difficult situation?"***

ANSWERS MAY LEED US TO CLIENT'S NEEDS AND GOALS

Problem scaling toward solutions:

_____ 1 _____ 10 _____

1. On a scale from 1 to 10, when 1 stands for "it is a quite small problem / a minor difficulty for me" ... and 10 stands for "it is the biggest problem/ the biggest difficulty I've ever faced", where is the problem / difficulty on the scale?

"It's X,"

_____ 1 _____ X _____ 10 _____

2. What number would you give on the scale to the biggest problem/ biggest difficulty you can imagine?"

"It's A,,

1

X

10

A

3. What makes it NOT MORE than "X"?
(What is and what is not?)
(explore and summarise)

4. When it was little higher than "X"? What number was it?

"It was Y"

1 _____ X _____ Y _____ 10 _____ (A) _____

5. What was happening when it was "Y"? What helped you to cope with that situation in any possible ways? (explore)

6. What was the first sign that it had begun to be little less than "Y"? What helped to make it so?

(explore and summarise points 5-6)

7. When it was (little) lower than “X”? What number was it?

"It was Z"

1 Z X Y 10 (A)

8. What was happening when it was “Z”? What helped to make it so? What helped you to cope with that situation in any possible ways?

(explore)

9. What was the first sign that told you the number was beginning to go below “X”?

What helped to make it so?

(explore and summarise points 7-8)

NIGHT TIME MIRACLE QUESTION

Suppose tomorrow goes by as usual and outside your waking awareness or conscious thought, something like miracle happens, and the problems which appear during the night are solved.

Of course you don't know the problems are solved, because it happened outside your waking awareness or conscious thought.

What will be different from the time you begin preparing to go to sleep, through falling asleep, and being asleep, to waking up and opening your eyes the next morning that will tell you that this miracle has happened and the problems which previously appeared during the nights have been solved?

***THE FIRST
STAGE***

***Preparing to
sleep***

***Conversation is focusing on
client's „doing”, his activities,
thoughts, visions, convictions,
contacts and relationships with
other people, which where
present in that situation.***

***Conversation is less focusing
on feelings.***

**THE
SECOND
STAGE**

***Falling
asleep***

On the beginning of this stage, conversation is focusing on client's „doing”, and after that we are going to talk about client's thoughts, visions and convictions. Next the strongest attention in conversation is focusing on feelings, which are coming from the body. Also it is conversation about seeing and reclaiming outside signals with a little bit talking about thoughts which are going with.

**THE
THIRD
STAGE**

Sleeping

Conversation is going around dreams, these what is inside them. Also is going around how room looks like and around atmosphere in it. We can talk about how sleeping person looks like. Also about person's feelings which are going with sleeping and these which are going beside consciousness of sleeping person.

**THE
FOURTH
STAGE**
Awakening

On the beginning conversation is focusing on talking about feelings which go with awakening. It is conversation about first pictures, sounds, and thoughts after awakening. After that conversation is going wider, and compares also talking about client's action.

centrumpsr.eu

