

“Deck of Trumps (*Trumpfkarten*) – some ways of application”



DECK OF TRUMPS

SOLUTIONS FOCUSED PROCEDURE!

FOR INDIVIDUAL, COUPLE AND GROUP WORK

**BASED ON EXPERIENCES AND PRINCIPLES OF SFBT
AND CBT**

**PARTICULAR PARTS ARE FOCUSED ON THE CLIENT
IN THE PERSPECTIVE OF: - SOME SOCIAL ROLES -
OR HAVING SOME ABILITIES**

PROCEDURE DIVIDED INTO TWO STAGES

DECK OF TRUMPS

THE FIRST STAGE

FOCUSED ON (RE-) DESCRIBING CLIENT'S REALITY

USEFUL MEANING

THE SECOND STAGE

**FOCUSED ON PLANING, CONTINUING AND
INTRODUCING USEFUL STRATEGIES**

USEFUL MEANING AND ACTING

DECK OF TRUMPS - TRUMPFKARTEN

Me: - as a parent - as a
spouse or life partner - as a
worker - as a woman/man

MEWORKING EFFECTIVELY IN SOLUTION FOCUSED WAY

Me: - believing in God, - using my own
free time constructively, - behaving in
accordance with my own values, - coping
with life's difficulties, - achieving
successes, - showing a strong will,
resisting temptations, - taking care of my
health and body, - controlling my own
behaviors and impulses

*Universal, for use according to other
needs of client*

(as a parent → **PAR**) (as a spouse or life partner → **SPO**) (as a worker → **WORK**) (believing in God → **GOD**) (using my own free time constructively → **TIME**) (behaving in accordance with my own values → **VAL**) (coping with life's difficulties → **DIFF**) (achieving successes → **SUC**) (as a woman/man → **W/M**) (showing a strong will, resisting temptations → **WILL**) (taking care of my health and body → **CARE**) (controlling my own behaviorS, impulses → **CONTR**)

Very important 5	CARE			PAR	GOD		SPO			
4			CONTR		VAL			WORK		
3	WILL							DIFF		
2								SUC		
1 Slightly important										
	1 Very low satisfaction	2	3	4	5	6	7	8	9	10 Sufficient satisfaction

Trumps structure

First stage:

- *CREATING A PICTURE OF “PREFERRED SITUATION”*
- *LOOKING FOR “EXCEPTIONS”*
- *COMPLIMENTS – RESOURCES - ABILITIES*
- *LOOKING FOR USEFUL CIRCUMSTANCES*
- *ESTIMATING PRESENT SITUATION*

Trumps structure

Second stage: FORMULA FOR CHANGE 1 AND 2

1. **SCALING**
2. **DEFINING PRESENT SITUATION**
3. **LOOKING FOR “EXCEPTIONS”**
4. **CREATING A PICTURE OF “SMALL CHANGE”**
5. **PLANNING A FEW STEPS TOWARD “SMAL CHANGE”**
6. **ACTING AND OBSERVATION**
7. **COMPLIMENTS – RESOURCES – ABILITIES**
8. **CREATING A PICTURE OF “SMALL CHANGE”**
9. **PLANNING A FEW STEPS TOWARD “SMAL CHANGE”**
10. **CHOOSING BETWEEN END OR CONTINUATION.**

APPLICATIONS

- **settings: mental health problems, chemical addictions, family violence, family and couple disfunctions, social disability problems, parenting problems, children and adolescent disabilities.**
- **tool in the process of teaching and supervising other professionals**
- **used with adults, adolescents, and after changes with children.**

APPLICATIONS

- **At the group settings - one of the propositions or as main scenario.**
- **Within individual therapy: → clients were working with particular formulas independently, coming to the sessions with filled out formula, → therapist helped client to answer questions during the session, → formula was used as a framework for conducting "solution focused" session with clients.**

APPLICATIONS

- **a way to broaden provided so far non SF therapeutic program, or was used as a way of reinforcing process of solution focused therapy.**
- **CB therapist used elements of procedure in preparing "experts" programs of therapy for clients.**
- **used from the very beginning moments, up to work with people who are at the end of the process or within "aftercare" programs.**

NEED STH



WANT STH

CHOICE

To satisfy



To cope

ASK ABOUT:

NEEDS → GOALS

or **GOALS → NEEDS (*behind goals*) → GOALS**

or **PROBLEMS → NEEDS (*behind problems*) → GOALS**

FROM NEEDS TO SOLUTIONS

- 1. What is your difficulty/problem?**
 - 2. Which of your needs are not satisfied sufficiently because of your difficulty/problem?**
 - 3. How have you coped with that not sufficiently satisfied needs till now?**
 - 4. In what ways can you satisfied sufficiently your needs?**
 - 5. In what ways can you cope better with your not sufficiently satisfied needs?**
- 1. What do you want? What are your hopes?**
 - 2. Which of your needs will be satisfied more sufficiently in accordance to what you want/ to your hopes?**

UFF!!! IT'S THE END!!!

THANK YOU!!!

ANY QUESTIONS?