

Western Australian Solution Focused Interest Group (WASFIG) Meeting 21



WASFIG Best Hopes: Share, Connect, Grow, Learn, Develop

1. Share SF knowledge and update our SF knowledge since our original training;
2. Connect and network with like-minded SF practitioners to reduce isolation and enhance a community spirit;
3. Grow interest in the SFBT approach in WA and beyond and do our bit to change the world one SF step at a time;
4. Learn where and with whom SF might be best applied in our practices for greater focus;
5. Develop our clinical effectiveness and efficiency (we may only have a set number of sessions so how do we do the very best with each session as though it may be the only one or the last).

WASFIG Zoom Meeting 21 Review: Saturday 15 February 2025 9:30am-11:30am WA Time

When: Saturday 15 February 2025 9:30am-11:30am WA Time (QLD = 11:30pm-1:30pm; VIC/NSW = 12:30pm-2:30pm), SA/NT = 12pm-2pm; New Zealand = 2:30pm-4:30pm)

Where: Zoom

Attendees: Nadia Truong, Samantha Smith, Shona Scallan, Tracy Shirvill, Ruth Leveson, Fiona Skahill, Sara Ristovska, Michael Bazeley, Joanna JM Kwan, Steve Runciman and Kerry Drummond (Co-Coordination).

Apologies: Theresa Acutt, Michele Thomas, Cathy Martin, John Teager, Tash Canes and Roger Lowe.

Group Facilitators: Steve Runciman and Kerry Drummond

Group Presenter: All attendees.

Topic: *Digging for Gold in the Journal of Solution Focused Practices*

Happy 5th Birthday WASFIG!!

Steve and I are delighted to welcome 2025 as our fifth year of WASFIG! We would like to thank all those attendees who have been with us from the start of our WASFIG journey in February 2021, those who have joined us along the way and to those who are very new to WASFIG! We have been heartened and motivated by your encouragement, appreciation for our energy and SFBT information we share, and the very kind words of affirmation we receive after the groups. We are delighted to hear that you too feel inspired through the connection with like-minded SF practitioners sharing their 'sparking client moments' and the positive impact of SF ideas on their own lives.

We would also like to thank our very special guest speakers who have joined us over the years including **Andrew Turnell (WASFIG August 2021)**, **Mark McKergow** through Zoom recording (**WASFIG August 2022**), **Theresa Acutt Co-presenting with Kerry (WASFIG October 2022)**, **Evan George** through shared personal conversations (**WASFIG June 2023**), **Anna Francis (WASFIG August 2023)**, **Theresa Acutt (WASFIG October 2023)**, **Adrian Holmes (WASFIG June**

2024) and Katti Jisuk Seo (WASFIG August 2024). We could never have reached this point on our journey without all your support, and reflecting on our 'sparkling moments' looking back on WASFIG's history proves this!

Thank you all for making our Preferred Future become reality! We invite you to continue to walk along the SF pathway with us as we dream of more special guests to inspire us and interesting SF topics to explore how SFBT can bring positive change into many spaces that is good for our clients lives and our own as practitioners. We hope to continue to move in the direction of a more SF future for WA in connection and fond partnership with the rest of Australia, New Zealand and internationally!

WASFIG February 2025

Our first WASFIG meeting for 2025 invited attendees to go exploring through the online *Journal of Solution Focused Practices* <https://journalsfp.org/> to share an article that is of professional interest with the group. Steve invited attendees to consider adding greater depth, curiosity and meaningfulness to the exercise by firstly surfacing and holding a question in mind for our 2025 professional development as Solution Focused practitioners, and then looking in the journal for an article that speaks to this question or interest. Our attendees became treasure hunters in search of ideas to inspire our practice in co-constructing desired change for our clients! Four articles were sent around two weeks before the group for pre-reading and reflection.

Steve opened the group by inviting attendees to introduce themselves in a novel way. After saying our name, work role and where we are from, Steve encouraged us to consider what our current interest is in our client work and what we most would like to know more about in working in a SFBT way within this particular area of interest. Then to suppose we were looking through the journal and we discovered an article that would be just right that we would love to read now that matches in perfectly with our current interest! Steve then invited us to share what the title of this article would be!

This set attendees up for a few minutes silence to consider this wonderful SF question and write down their answers to share with the group. Kerry went first, having the advantage of forewarning the previous evening, and shared that her article would be '*SFBT with Neurodivergent Clients: Exploring Different Histories and Preferred Futures of Adult Clients Managing ADHD and Autism*'.

There were a variety of interesting SF article topics that were suggested by attendees including:

- SFBT as Spiritual Practice.
- Walking with the client on the path to Best Hopes and Possibilities – not being sidetracked by the problem or trying to problem solve with our client.
- Working with Indigenous Clients - particularly youth, from the SFBT perspective.
- SF Corporate Change Management – SF change implementation in organisations.
- SF Approach to better intimacy in relationships, acceptance of self and knowing that sex does not look like it does in the porn movies.
- SFBT in working with schools, teachers, parents and students to promote wellbeing.
- Creating significant change from the first session for clients – shifting respectfully from problem talk to solution talk, particularly relevant for working within the EAP space.

- *We Are All The Same But Different*: SFBT Being a Good Fit for Working with Neurodivergent Clients - providing acceptance, focusing on what they find helpful, knowing the conversation creates change, acknowledging past successes, importances of persisting to find a Best Hopes even if this takes the whole session or into the next session, identify the client's special interest and use this to weave into SF questions to make these more meaningful and answerable for the client to stay connected to the conversation through their passion.
- SFBT in working with traumatised families who might also be managing ADHD and Autism and how this can also help the practitioner work in a more protective way for themselves and not take on the client's trauma.
- *Living Your Brilliance* – bringing confidence into our life, relationships and as a business owner through tapping into SF ideas for business advice for the practitioner.

Steve insightfully reflected on this and shared a metaphor: that working in a traditional or problem-focused way is like the matador holding the red cape in-front of him and the bull is targeting him with the full impact of the problem! This is unlikely to end well for the matador's wellbeing who is more likely to experience vicarious (or in this case actual) trauma!

Whereas when working from the SFBT approach, this is more like the matador holding his cape to the side so the problem can pass him by while he makes way instead for a discussion of a better future of possibilities. This can lessen the negative impact to his wellbeing and provides more opportunities to experience vicarious resilience when engaging in hopeful conversations with the client.

Steve thanked attendees for the rich smorgasbord of articles to choose from, and then invited the group to consider which article shared by another attendee most resonated with them and their current interest in working with clients in a SFBT way and why.

Following this discussion, Steve invited the group to share actual articles that they had found useful in the Journal of Solution Focused Practices that they wanted to present. The following articles were shared in the group:

- Severin, Britta (2014) "Solution-Focused Group Work in Prison," *Journal of Solution Focused Practices*, 1 (1), <https://digitalscholarship.unlv.edu/journalsfp/vol1/iss1/3>
- Perry, N., & Goldie-McSorley, L. (2024). Suspending Disbelief – Using Solution Focused Practice With Young People in Mental Health Crisis JP. *Journal of Solution Focused Practices*, 8(2). <https://doi.org/10.59874/001c.125023>
- Hains, D. (2016). Book Review Preventing Suicide: The Solution-Focused Approach (2nd Edition) by John Henden. *Journal of Solution Focused Practices*, 2(2), 8. <https://doi.org/10.59874/001c.75092>
- Bloom, A. D., & Thomas, F. N. (2020). "Write What You Know" (Twain): How to Write a Practical Journal Article. *Journal of Solution Focused Practices*, 4(1), 5. <https://doi.org/10.59874/001c.75063>
- Smock Jordan, S. (2022). A Journey to Accountability. *Journal of Solution Focused Practices*, 6(1), 3. <https://doi.org/10.59874/001c.74997>



- Huibers, A., & Furman, B. (2022). The Solution-Focused Circle Technique: A Visual Tool for Discovering Strengths and Facilitating Change in Therapy and Counseling, *Journal of Solution Focused Practices*, 6(2), 6. <https://doi.org/10.59874/001c.75018>

SF Circle Technique – Arnoud Huibers

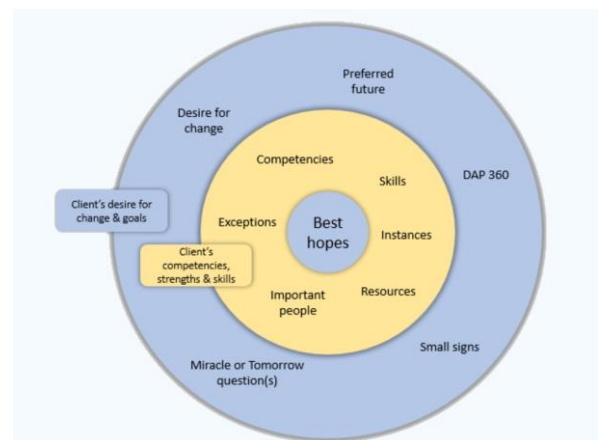
Kerry presented more information on Arnoud Huiber’s circle technique from the 2022 article by himself and Ben Furman, and how this can be useful for clients and what to be mindful of. She presented an image of what the Circle Technique would look like as provided by Joe George in his video on this topic. The Circle Technique is a visual SF tool developed by Arnoud Huibers in 2003 for client and practitioner to be explorers to discover client resources, competences (inner circle) and desired change (outer circle).



This can be useful to slow down the session if the client seems to be struggling to engage or articulate a Desired Outcome for detailed description and serves as a SF brain-storming exercise. This can help our client focus and keep track of the conversation. The SF Circle Technique can be useful for clients with short attention spans, those who are less talkative in session or are experiencing high anxiety and struggling to answer, or for clients who lack focus on one topic and change the subject continuously. This is similar to using a visual scale on a white board with our client to make the intangible talking session more concrete to focus on. Or even creating a list with our client ‘tell me 25 small things that you have done in the last week that show your confidence is building.’

The Circle Technique is switching back to SF 1.0 where resource talk questions were asked prior to asking the Best Hopes question. After visiting BRIEF London and viewing their sessions, Elliott Connie returned to the USA and then accidentally switched to asking the Best Hopes question first prior to exploring the client’s resources. This made an importance difference to the session. Elliott and his colleague and friend Adam Froerer of the SFU, working more from the SF 2.0/3.0 approach of the SFBT Diamond they created, now stress the importance of first identifying the client’s Best Hopes before exploring their resources. This is a process of ‘linguaging towards the Best Hopes’, as Cecil Walker also of the SFU has described it, and can take a whole session or even into the second session for the client to clearly articulate a meaningful Best Hopes. This enables the conversation to be more meaningful and connected to the client’s Desired Outcome or Best Hopes from the beginning and the resources our client mentioned are more likely to be connected to their Best Hopes. When we know the client’s Best Hopes, this can also serve to anchor the session to keep on track in the more useful direction the client said they wanted to go in when they fall back into ‘problem talk’.

Upon reflection of this, Steve suggested adding a third inner circle in the middle of the SF Circle Technique that would be for the client’s Best Hopes to be completed to anchor the session as Elliott and Adam have recommended. This usefully creates a ‘Solution Focused Bullseye’, as described by one attendee, with the client’s Best Hopes sitting appropriately in the most important spot in the middle! Another attendee, Michael Bazeley, kindly sent this image of the revision of the SF Circle Technique after the group meeting in line with how Steve suggested it might be adapted. Thank you Michael!!



Kerry invited attendees to practice using the SF Circle Technique by considering what their strengths and qualities are that make them a good practitioner and to write these in the inner circle. Then to consider a skill or quality they would like to develop to be more of the practitioner they aspire to be, and to write words and phrases that would be

signs of this showing up more in their lives – their preferred future – in the outer circle. Attendees were encouraged to continue adding to the circle after the session as more ideas came to them.

In wrapping up the session, Steve built on this idea and invited attendees to reflect on one take away from today's session that we might like to share with the group that would be a sign of us being more of the practitioner we aspire to be.

Resources:

Joe George video on Arnoud Huiber's Circle Technique: <https://www.youtube.com/watch?v=jxcQYqiqKf0>

Solution Focused Universe – Elliott Connie, Adam Froerer, Cecil Walker and Anna Francis: <https://thesfu.com/>

Information for our Upcoming WASFIG Zoom Meeting 22 in April 2025

WASFIG April 2025 Zoom Meeting 22: Saturday 12 April 2025 9:30am-11:30am WA Time

When: Saturday 12 April 2025 9:30am-11:30am WA Time (QLD = 11:30pm-1:30pm; VIC/NSW = 11:30pm-1:30pm), SA/NT = 11am-1pm; New Zealand = 2:30pm-4:30pm (Please adjust NZ time for daylight savings on 6 April!)

Topic: Special Guest Speaker Pene Turnell presenting on SFBT with FDV and Child Protection

We warmly welcome you to join us in April where our special guest speaker Pene Turnell will kindly share her experience and knowledge in working with clients experiencing Family and Domestic Violence (FDV) and her work in the child protection space. Pene is the Company Director, Consultant and Trainer at Turnell Plus Signs of Safety <https://www.turnellplus.com/peneturnell> Bring your questions, curiosity and your own experiences in working with clients managing FDV and gain some new insights into working within this challenging but critical space in a way that is empowering for our clients and inspiring for ourselves as practitioners. Please follow us on the WASFIG Facebook page for more information on this and latest updates. We have chosen to not record our WASFIG meetings to enable attendees to feel more comfortable to share their experiences and engage freely on the day.

In preparing for our April 2025 WASFIG meeting:

- If you have any questions you would like Pene to consider when planning for the meeting, please send these through to Kerry by **29 March 2025** to invictuscounsellingservice@gmail.com or you can ask these on the day;
- Bring along any good resources, books or articles you have for working with clients managing FDV you would like to share with the group;
- It is always inspiring to hear of 'sparkling moments' you might have had when working with a client managing FDV and we would be honoured to hear these examples from you;
- We also invite you to ask any questions on client cases you have or if you are feeling stuck with a client managing FDV and would like some ideas from Pene and the group to reconnect to the Solution Focused mindset to move the session forward in a positive way for your client.
- Or just join us on the day to be re-energised to continue working in this challenging area to support our clients and ourselves.

WASFIG News:

- **ASFA Conference 2025: November in Dunedin, New Zealand 14-16 November 2025.** Stay tuned for more details about who the presenters will be! See the ASFA website: <https://www.solutionfocused.org.au/>
- **ASFA Conference October 2026 in Perth?! We need YOU!** Next step in our viability of a Perth conference is to determine whether we would have enough 'feet on the ground' where needed in Perth to help on the day as well as others who may not be in Perth but are able to help out online. We will be emailing around a list of roles we thought would be useful, and posting these on the WASFIG page and invite you to have a look at these and nominate yourself for any of the roles you would be able to help us with. Maybe some roles come more naturally to you and you even enjoy them, while others you would prefer pay someone else \$1000 to do it!! We would like to have a few people for each role in case the nominated person cannot make it on the day due to illness or life. We are still collecting numbers of who would be interested to attend to know whether there is enough interest to host a Perth conference so please reach out to let us know you would be interested to attend if you have not already!
- **ASFA Members Meetings** – Change of day for 2025 and will now be on the third Wednesday of the month – the next meeting will be on **Wednesday 19 March 2025 at 2pm WA time/ 5pm AEST.** Stay tuned for what the next topic will be. To connect with SF practitioners across Australasia, please join the **Australasian Solution Focused Association (ASFA)** to access free training during the year, monthly online peer group supervision on Monday afternoons, discounts for SF training and the ASFA Conference, and access to the private Facebook group. <https://www.solutionfocused.org.au/>
- **More Than Just a Book Club** meetings (**Wednesdays**) and **SF in Organisations (SFIO) Downunder - SF Conversations** Mondays 1:30pm-2:30pm to find out more please contact **John Teager** john.teager@outlook.com.
- **Consulting Rooms to Rent in Stirling Business Centre (SBC)** – Steve has shared that there are several rooms to rent where he is based at Stirling Business Centre. It would be great to build up a SF hub at SBC. <https://www.stirlingbusiness.asn.au/>
- **March 2025 SFBT Skills Practice and Supervision Groups with Kerry via Zoom** – Zoom Saturday **15 March 2025 9:30am-11:30am** for \$80 for the 2 hours for anyone who would like to join in for support and inspiration on client cases and to practice SF skills in a supportive environment. If you would be interested in attending a group in person please email Kerry to register your interest and share the best day (Friday or Saturday) and time for you.

March 2025: Solution Focused Skills Practice and Supervision Groups via Zoom

“When we struggle in session we may feel we have done a bad job, but when we are struggling is when we are most creative but we tend to focus on the struggle instead of the creativity. It is easier to see the brilliance in our colleagues that we struggle to see within ourselves.” – Chris Iveson, June 2024

SF group supervision is an opportunity to share in the same inspiring and hopeful conversations that we have with our clients with each other as practitioners. I find it energising to leave with useful SF ideas to use with my clients, rather than having suggestions that don't always fit with my way of weaving hope into gaps in client conversations. SF colleagues are focusing on what we did well with our client and what is working to build on to move more intentionally in the direction of bringing desired change into their life.

You are warmly invited to join Solution Focused Skills Practice and Supervision Groups with Kerry Drummond (Clinical Counsellor and Registered Supervisor with the ACA, Level 4). Experience the Solution Focused 'difference that makes a difference' and leave group supervision feeling energised with a sense of renewed confidence as a

practitioner. These are open groups embracing the SF mindset trusting that you know when group supervision would be most useful to engage in for yourself. With changing life circumstances, what was once a suitable time locked in at the beginning of the year might not be useful later in the year. SF Skills Practice and Supervision Groups are an empowering space where practitioners can feel a sense of connection, validation and encouragement.

Groups are held during the year on the alternate month to WASFIG (March, May, July, September, November) on Saturday for 2 hours via Zoom with 3 or 4 practitioners to receive support on client cases and to practice SF skills together. Fees are \$80 for the two hour group. There is a 10% discount (\$72) for your first group for WASFIG members who have attended a meeting, a training workshop with Steve and Kerry, and for all ASFA members. Please contact Kerry on invictuscounsellingservice@gmail.com for more information. Looking forward to connecting with everyone to share SF ideas on client cases and to build fluency in SF practice.

Tap into inspiring conversations between WASFIG meetings by joining our **WASFIG Facebook Group**! Keep connecting and building our network between meetings, see up to date news and information for our group, share great SFBT resources and link in with Solution Focused peer support while working with your clients: <https://www.facebook.com/groups/3103428583276551>

Thank you all again for attending our February 2025 WASFIG meeting setting us up with good SF momentum for 2025! We look forward to seeing all who can attend our April 2025 WASFIG meeting as we warmly welcome our special guest speaker Pene Turnell to learn more about how best to support our clients experiencing FDV from the SFBT perspective.

Warmly,

Kerry and Steve

WA SFBT Interest Group Co-Coordinator

February 2025

*“People will try to convince you they are not capable, and we need to see what they have forgotten to see in themselves, and then ask questions to that version of themselves who is capable.
Curiosity is actually belief in your client.” – Elliott Connie*