

Hopeful Conversations: Solution-Focused Trauma Treatment w/Adults & Teens

Pamela King, LMFT

Solution Focused Approach to Trauma

- What do you already do well?
- Helpful talk around trauma
- Talking about the rest of life
- Flashbacks
- Building solutions
- Scaling to build hope

Reasons for Living Exercise

- 10 Reasons for living
- Not reasons for not dying
- Reasons for living

Trauma Treatment

No matter how terrible the trauma, it is not the only significant experience in the client's life. If we respond as if it is, the client becomes the victim of our treatment and the traumatic event.
Yvonne Dolan

Actions as well as thinking and imagining can change the functioning of the brain. Norman Doidge, 2007

Trauma Treatment

- Connect with strengths during the trauma
- Connect with strengths in other situations
- Acknowledge trauma
- AND notice something else
- Create a new flashback
- Choose what to amplify
- Walk a new path

Listen Select Build

- **Listen** for hints of competence and solution-focused possibilities.
- **Select** those items to comment on and be curious about.
- **Build**- Respond in a way that 'invites the client to build in a solution-focused direction.' (De Jong & Berg 2013, p. 57)

Listening with a Solution-Focused Ear

- How to Watch Clip
 - Write down 10-15 compliments
 - Therapist
 - Client
 - Process
- von Cziffra-Bergs, J. (2015). *Solution focused trauma therapy: Recreation of a trauma session*. (DVD Download). <http://www.solutionfocusedsa.com/shop/>. South Africa.

“Details of a Slightly Less Crappy Day”

