



Nature of Person

- ♦ People have resources
- ♦ People have intrinsic strengths
- ♦ There is no right way to view things. Different views may be as valid and fit the facts as well as other views




Nature of Problem

- ♦ People describe problems in a manner that include “being stuck”
- ♦ People think in problem saturated fashion: They either see no change or whole change




- ♦ People bite off more than they can chew
- ♦ People do not see alternatives



Nature of Change

- ♦ Change is constant
- ♦ Small changes are all that is necessary
- ♦ Change in one part of the system can affect change in other parts of the system as well



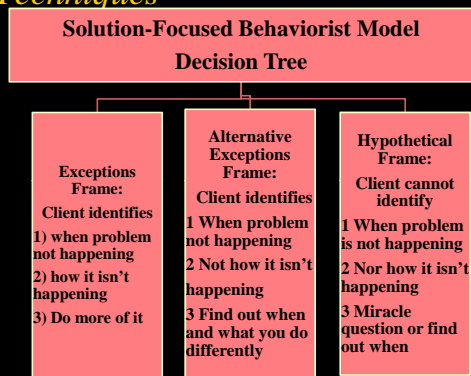
Counselor Persona

- ♦ Counselors need not be experts in problems nor all knowing
- ♦ Counselors are not changers but only amplifiers of change as it occurs
- ♦ Knowing the pathways toward exploring change is more important than understanding everything about the client

Responsibilities of Counselor

- ♦ Do not need to know a great deal about the complaint to resolve it
- ♦ Knowledge of cause is unnecessary to resolve complaint
- ♦ Counselor does not define goals of counseling
- ♦ Counselor expects rapid, small changes
- ♦ Focus is on possible and changeable not on impossible/intractable

Techniques



Experience of client

- ♦ At first client will function on basis of myths of counseling
- ♦ Client will shorten the range of discussible material/set reachable goals
- ♦ Client will discover alternatives
- ♦ Client will have small, immediate successes



Outcomes

- ♦ Client will discover alternative behaviors
- ♦ Client will discover problem solving skills
- ♦ Client will learn to apply principles in the future
- ♦ Client will spend little time and change one small problem
