Resources Already in Use - Concept brief

Understand the idea behind resources already in use and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin uses a reminder note and a neighbor's shared ride.

The idea

A useful resource may be ordinary or easy to overlook.

An ordinary example

Devin uses a reminder note and a neighbor's shared ride.

What this can look like

Inventory people, routines, skills, objects, and accommodations already supporting one preferred outcome.

Check the fit

Which support deserves a place in the next plan? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

Which support deserves a place in the next plan?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A11-1