Noticing Change between Sessions - Concept brief

Understand the idea behind noticing change between sessions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin looks for one occasion of beginning a task with less preparation.

The idea

Change can be observed without assigning constant homework.

An ordinary example

Devin looks for one occasion of beginning a task with less preparation.

What this can look like

Choose one sign of a preferred difference and a low-burden way to notice whether it appears.

Check the fit

What is enough observation for this week? 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

What is enough observation for this week?

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-A15-1