Ending with a Useful Summary - Concept brief

Understand the idea behind ending with a useful summary and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin wants a summary that does not turn possibilities into promises.

The idea

A closing summary can use the person's language and preserve uncertainty.

An ordinary example

Devin wants a summary that does not turn possibilities into promises.

What this can look like

Summarize the preferred difference, one existing resource, and an optional next step; invite correction.

Check the fit

What would you change in this account of today's conversation? 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 would you change in this account of today's conversation?

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-A19-1