Ending with a Useful Summary - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A closing summary can use the person's language and preserve uncertainty.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A19-2