Solution-Focused Group Exchange - Concept brief

Understand the idea behind solution-focused group exchange and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A group member wants help noticing useful exceptions rather than receiving ten suggestions.

The idea

A group can exchange questions without prescribing solutions for one another.

An ordinary example

A group member wants help noticing useful exceptions rather than receiving ten suggestions.

What this can look like

In pairs or a group, offer one preferred-future or exception question after permission and let the speaker decide what fits.

Check the fit

Which question expands choice for the person speaking? 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 question expands choice for the person speaking?

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-A20-1