

SOLUTION FOCUSED COUNSELING interactive FOLDER BOOK

Provides (FUN!)
Structure to Your
Solution Focused Brief
Counseling Sessions



Counselor **Reviews**



Problem solving mode ON!
Love this resource and
it is so engaging!
-Theodora P

This resource is seriously so
impressive! Beautiful, engaging, and
effective. This is my first purchase
from your store and I'm so excited
to continue building my resources
from your amazing talents. Thank
you! -Ryan P



What **You'll Love** About this Tool

✓ Provides Structure to Your Sessions

Lap Book acts as a guide to hit all the essential Solution Focused Counseling interventions.

✓ Students Stay Engaged

The tactile and interactive nature of this tool helps students stay focused, curious, and "into it"

✓ Teaches Problem Solving Skills

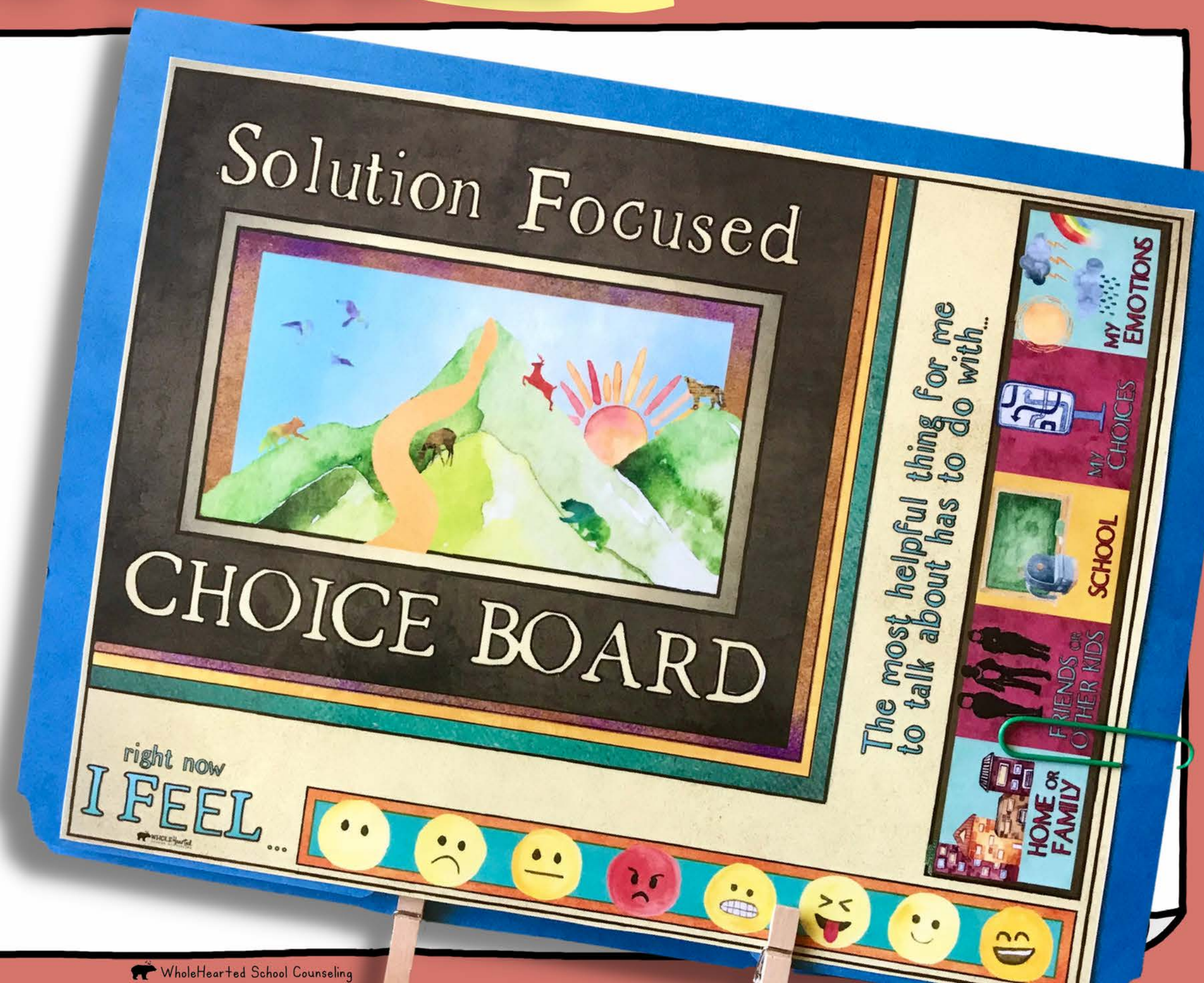
Prompts help students come up with solutions that are unique to their individual strengths, resiliencies, and support systems.



How It Works

#1: Start the session with Feelings Check-In & Goal Setting

Have students use clothespins and/or paper clips to show their responses (along with any talking they want to do)



How It Works

#2: Then move onto the:
Miracle Question

**Exceptions to the
Problem Puzzle &**

**Strengths Identification
Exercises**



How It Works

#3: To wrap it up, use the

Scales and Make a Plan

1 2 3 4 5 6 7 8 9 10

1. On a scale of 1-10, 1 meaning it's as bad as it can get and 10 meaning it's as good as it can get, I am at the number...

2. I want to get to the number...

3. To move towards that number, I will...

If climbing to the very top of this mountain means that I have reached my goal, where I am at on the trail right now is...
A sign that I have moved closer to the peak will be...

my PLAN I will try an experiment with my... ✓

WORDS	ACTIONS	THOUGHTS	RESPONSE
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none">the words I usewhat I sayhow I speak	<ul style="list-style-type: none">what I do or don't domy behaviorhow I treat others and myself	<ul style="list-style-type: none">what I thinkthe ideas I havehow I interpret an event or experience	<ul style="list-style-type: none">how I reactmy attitudethe coping strategies I use

What Other Counselors Are Saying

This so creative and great for solution-focused individual counseling with students!
-Kimenya R.

Beautiful, engaging, helpful, on point when helping students solve problems.
-Joanna H.