

Danish

Solutionfocused

Institute

# Solution Focused Multi-familytherapy

*Families Helping Families*

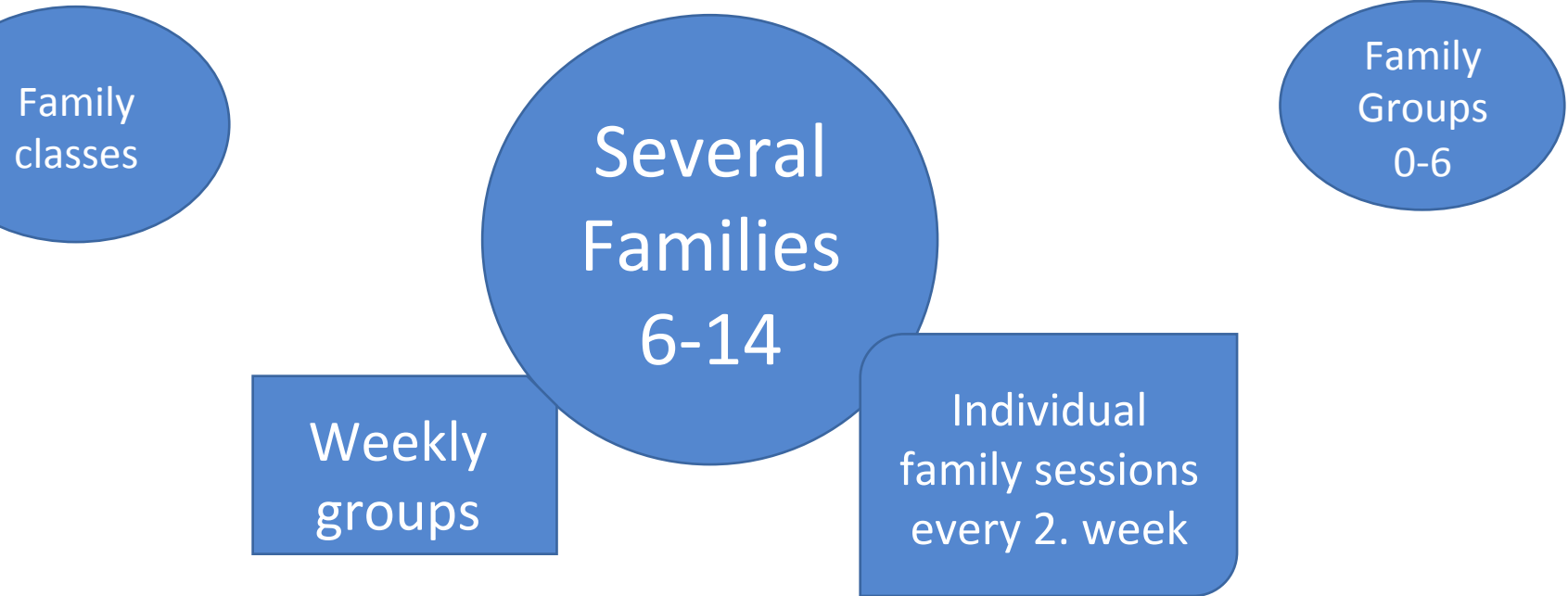


# Three steps and 60 minutes gone

- Your experience, curiosity – and your best hopes for the next hour
- Our Ideas, thoughts and experiences
- Exercise, Exercise - we always need that exercise

# Organisation

Families Helping Families



# Similarities and differences

- (Re)discovering own abilities and resources
- Our role; steering and staying out of the families way
- Activities and language

## Same procedure

15.30: Welcome

15.45: 1. reflections-round

16. 15: Activity

17.15: Cooking, eating and  
cleaning up (smokers break)

18.30: 2. reflections-round

19.00 Se you next week

### Parents meeting

15.30: Welcome

15.45: Activity

17.00: Sandwich and movie-clips

## First reflection-round

- Weaving daily life and group
- Best hope
- The kids voice (detectives)
- 5 minutes!!



- *“Thinking back at this week and knowing todays program...what are your best hope for you and your kids... what would you like to make happen?”*
- *Who would notice this happening?*
  - *and how?*
- *What would you notice about yourself?*
  - *About your kids – and what difference...*
- *How can everybody else help you make (some of) this happen?*
  - *How do everybody know when to help?”*

## Activities

- Pointing at preferred futures
- Making new experiences
- Discovering abilities
- Belonging and togetherness
- Producing things
- Witnessing each other



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Picture lottery, Cote of arms, Cooking, Green Zones, Our 10 most important values, Family clay figures (parents helps the kids present)

Selfie day 2018, Hat-questions, Cellphone rules, My mum taught me, How are we helping..





## Second reflection-round

- From group and back to daily life
- Gold digging
- The kids voice

(scales, thumbs up/down, voice over)

- *“What did you notice, that you find helpful; thinking about the direction you want your family-life to take?”*
- *How did that happen; what did it require from you?*
- *What did you notice about yourself*
  - *and your kids?*
- **What did everybody else notice??**
- *What ideas do you have about the coming week?*
- *What difference do you hope this will do, and how will you notice?*
  - *Same Q's for the kids*

## Solution-Focused Groups

### Stay focused on solutions

Help them redirect their attention from problems to solutions

### The use of scales

Numbers talk and sheds light on own and others progress, thus giving hope – lending hope.

### Staff role

A tuorguide, co-examiner, - constructor and facilitator.

Shut up, let them work, leading from one step behind

Ask questions that invites reflections, and bring participants together

Have them complimenting each other

### Getting started

Best hopes, what changes do they want – let everybody know

### Exercise –



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## Find and share your ERIK

- ✓ Find something that reminds you of "Your Erik",
  - pair up and tell each other about your person (unleash your inner SF-interviewer; support a detailed description – switch
- ✓ In the big group(s) take rounds on
  - ✓ which ideas on your preferred way of parenting your kids the stories gave you.
  - ✓ What differences will that make?
  - ✓ What will you notice about your self, your children, your family when this difference shows up?

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Further informations...

The Danish Solutionfocused Institute accredited by IASTI:  
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