**Solution Focused Brief Therapy**

**Case notes template**

Client name:

Date of meeting:

Meeting number:

Best hopes from coming here (2nd session ask what has got better etc.); This may lead to descriptions of a preferred future:

Problem free talk (listen and amplify strengths, skills, resources):

Support networks (family, friends):

If this work was successful, how would you and the person you are seeing know that?

Exceptions:

What makes those exceptions or future exceptions more likely?

Wonderful/miracle question (may not be needed if preferred future has been expanded earlier)

Scale point after the MQ or preferred future:

Scale point today:

How would the person know that they have moved up the scale? What would they notice?

What would others notice?

Between session suggestions/tasks?

Any coping questions asked?

What else?

Usefulness of meeting (scale) and why?

What would make the next meeting even more useful?

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