

Four Philosophical Insights that make a Difference in the SF Approach

First stop: Ethics dept.

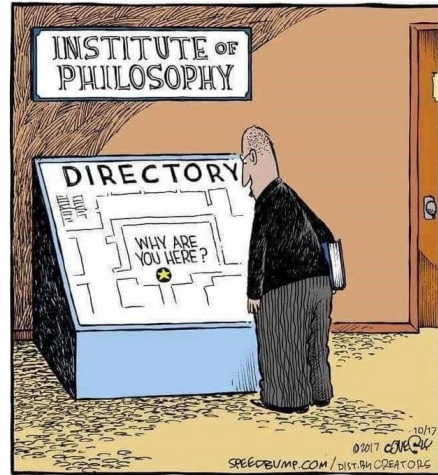
Second stop: Dept. of Ontology

Third stop: Dept. of Philosophical Anthropology

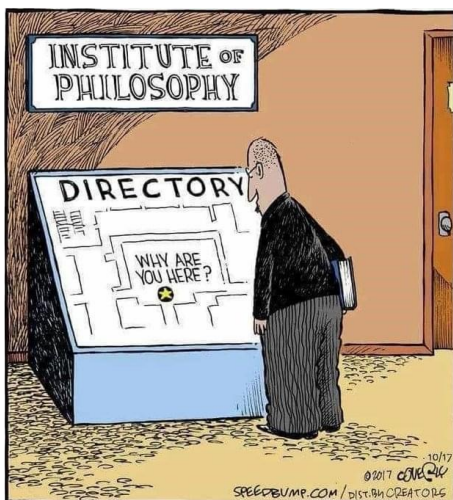
Fourth stop: Dept. of Language Philosophy

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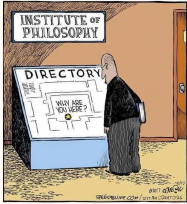


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*Why are you here?
What do you love about
philosophy?
How is it useful in your work?*

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First stop:

Ethics department

“What do we need to do?”

*“One of the most important reasons for therapy is to
help clients change their lives.*

*It is a **justification for therapy**, and a **test** of it. (...)*

*This test is especially relevant to SFT,
which is organised to create positive change as quickly as possible.*

*SF therapists treat this test as a major **ETHICAL** standard
to which they hold themselves **accountable.**”*

*Steve de Shazer, Gale Miller
SFTerapy as a Rumor.*

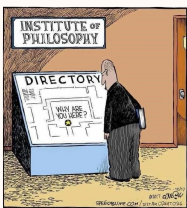


*Always remember that
in the first place you are a human being,
in the second place you are a therapist,
and in the third place you are a Solution
Focused therapist.
And in that order!*

Eve Lipchik

Lecture at the Korzybski Institute in Bruges

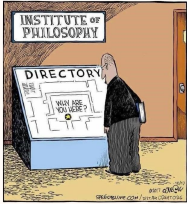
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Second stop:

Ontology department

What is reality?



Third stop:

Department of Philosophical Anthropology

What is a human being?

*“Traditionally, therapists have thought they had to penetrate the clinical situation, to **see beneath or beyond** the appearances. This is based on the assumption that the **essence is hidden away** (in the psyche or in the system?). However, other assumptions are possible.*

Perhaps nothing is hidden away and everything lies in plain sight.”

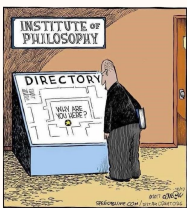
Steve de Shazer



*“We must do away with all explanation,
and description alone must take its
place.”*

*Ludwig Wittgenstein
Philosophical Investigations §109*

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Fourth stop:

Department of
Language Philosophy

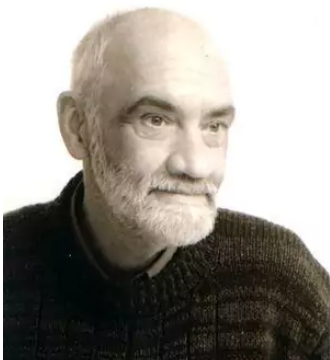
What is language?

*The **solution-focused language game** is designed to persuade clients that change is not only possible, but that it is already happening.*

*It is, in other words, **a rhetorical process** designed to talk clients into solutions to their problems.*

*Gale Miller and Steve de Shazer
Solution-focused Brief Therapy as a Rumor*

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*Problem talk creates problems
Solution talk creates solutions*

Steve de Shazer

IL FARO



*Our questions are like doors that we open
in the imagination of our clients.*

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*Our SF questions
stretch the world of the client*

“You can’t unscramble an egg.”

Mark McKergow

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