



Scottish Solution Focused Network

**The
Scottish Solution Focused Network
Archive**

2012



Scottish Solution Focused Network

**Notes from the Scottish Solution Focused Network
gathering held on the 14th March 2012 at the Playfield
Institute, Stratheden Hospital, Fife.**

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Notes from the Scottish Solution Focused Network meeting held on the 14th March 2012 at the Playfield Institute, Stratheden Hospital, Fife.

The inaugural meeting of the Scottish Solution Focused Network was held at the Playfield Institute on March 14th. Steve Smith and Graham Buchanan hosted the event, and welcomed around 20 delegates to the day. Steve began by explaining how the Network came to be developed jointly through NHS Fife and the Robert Gordon University. He highlighted the objectives of the SSFN (see below) before Graham proceeded to ask delegates what their best hopes for the Network were. Delegates worked in groups to produce a list of

SCOTTISH SOLUTION FOCUSED NETWORK

- To promote Solution Focused practice and thinking in Scotland.
- To support Solution Focused practitioners in Scotland.
- To engage with the Scottish Government's agenda in Scotland.

achievable goals which would enable the Network to *Promote, Support and Engage* solution focused practice. The groups then went on to produce a

formidable list of what they believed 'was working' at the moment; this generated a lot of enthusiasm and creativity, as people shared their experience of successful solution focused practice, and some of the (downright amazing) benefits of this for clients.

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Following lunch, kindly provided by the Playfield Institute at Stratheden Hospital, the groups responded to the question, “Where do we go from here?” Again, a wealth of creativity led to the development of a *Positive Future*

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Where do we go from here?

Scenario populated by a wide range of activities the Network will be engaged in. The final part of the day was given over to ‘Next Steps’;

Steve asked the group, ‘if the fact that this group of people are together in this room represents ‘1’ on a Scale from ‘0’ to ‘10’, what will ‘2’ look like?’

Participants generated a number of things that would indicate ‘2’ (and at least one ‘3’), and it was generally agreed that by the next meeting we should have achieved that goal. As part fulfilment of that, it was announced that the next meeting would be held as part of the United Kingdom Association for Solution Focused Practice (UKASFP) Annual Conference in Edinburgh on June 14th, and a further date would be arranged for the Autumn (probably September).

Notes from all the flip-charts are collated and shown below.

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Our Best Hopes for the SSFN

For networking and sharing of ideas and knowledge

Increase confidence in practice

To provide updates for enhancing techniques in practice

Videos of practice

Meet other people – contacts

Learn from and inspire each other

To share success stories (and perhaps the other type too)

To be reassured it's okay to do things differently

Maintain the network on no money!

To be enthused about solution focused practice

Engage with the Scottish Government

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What's Working?

What's working

- *Clients are engaging with techniques and creating change*
- *Validating, reframing, being curious, exception finding*
- *Use of language*
- *Power of therapy*
- *Doing nothing*
- *Confidence to go with the client*

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- Goal setting
- Using half points
- Using movement as well as speech
- Worry-list (externalising) – doing something with the worry
 - imagine you're in a helicopter
 - crystal ball
 - write your own horoscope
- Miracle person (depending on how the language is used)
- Looking at their own capacity to care for others
- Removing the notion that "I only get better because I see you"
 - person being the expert in their own life

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Where do we go from here? ...

- *HAVE IT AS PART OF THE NATIONAL CURRICULLUM*
 - *(everyone doing it)*
- *EXPANDING THE NETWORK*
- *CROSS OVER WITH OTHER PROFESSIONALS*
- *OPPORTUNITY TO BUY INTO ... VISION.*

Where do we go from here.

Free training events

Move around

Survival

Ongoing communication: website?

Date in the diary

3 or 4 events / meets a year

Vision statement

Accessible to other SFBTers

Reaching out - advertising

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Website up and running

Telling us about groups successes

Training and how to get funding

Tips of the week

People's successes - blog

Discussion group

Supervision - on-line

Information packs

Links to other organisations and links to ours

Videos on-line (role play)

Service users recovery stories

Bit for public - interactive

Continue to come together as a group

E-mail newsletter

Trainer training

Little taster talks for promotion - on-line video.

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- ❖ *Continue to share experience ... forum on website? Newsletter?*
- ❖ *Regular gathering.*
- ❖ *Share with all colleagues and other agencies.*
- ❖ *Invite speakers from other agencies - Government, Education?*
- ❖ *Self-evaluation.*

- *NETWORK TO BE MAINTAINED*
- *REMAIN ENTHUSED*
- *DEVELOPMENT WITH NO MONEY*
- *ENGAGING WITH GOVERNMENT*
- *NAMES ON CONFERENCE FLYERS*
- *ONLINE NETWORK*
- *RESEARCH*

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Networking - knowing what other people are doing

Hearing what successes and 'other stuff' that people are doing

Learning and inspiring

Support and encouragement

Reminders

Ideas about getting more people in

Sharing around supervision.

- *INCREASE CONFIDENCE AND LEARNING FROM HOW OTHERS PRACTICE*
- *MEETING NEW CONTACTS*
- *UPDATING / ENHANCING TECHNIQUES*
- *NEW DEVELOPMENTS*

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On a scale from 0 to 10, where are we now?



So what would '2' look like?

A date in the diary for the next meeting.

Newsletter (possibly a '3')

Announcement – we exist!

Members list

Emails.



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**Notes from the Scottish Solution Focused Network Tryst
held on the 14th June 2012 at the UKASFP Annual
Conference in Edinburgh.**



Scottish Solution Focused Network

Notes from the Scottish Solution Focused Network Tryst held on the 14th June 2012 at the UKASFP Annual Conference in Edinburgh.

The second meeting of the Scottish Solution Focused Network was held at the Edinburgh Conference Centre, in Heriot-Watt University, on the first day of the UKASFP Annual Conference. Steve Smith hosted the Tryst (a gathering of friends, family, or like-minded people), which brought together over 25 people from across the UK, and introduced them to the Scottish Solution Focused Network. The theme for the Tryst was engaging with the Scottish Government's strategy on health and social care, and we were fortunate to be joined by Graham Monteith, CAHMS Advisor to the Scottish Government Mental Health Division. Steve presented an overview of ways in which we do already engage with the SG strategy on health and social care by responding to Government strategy initiatives, policy and service drivers, and then, using the draft Mental Health Strategy document as a guide, asked participants to consider how we could engage in a solution focused manner with this strategy agenda. Groups worked together with gusto and reported back some of their ideas. These ideas led to wider discussions, the notes of which are recorded below. Thanks to Gerry Hastie of the SSFN for note taking during the Tryst. The key parts of the draft Mental Health Strategy Consultation Document addressed were Outcomes 1 and 4; these are noted below.

Possibly the main outcome from the discussion was the observation made by Graham Monteith that we are **SFP's** not only in the sense of **S**olution **F**ocused **P**ractitioners, but also in the sense of being **S**olution **F**ocused **P**oliticians. Perhaps the idea of engaging with politicians *beyond* the world of solution focused practice is, yet another, red-herring.



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Key outcomes taken from the Draft Mental Health Strategy Consultation Document

Outcome 1:

People and communities act to protect and promote their mental health and reduce the likelihood that they will become unwell.

Outcome 4

First contact services work well for people seeking help, whether in crisis or otherwise, and people move on to assessment and treatment services quickly.

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Outcome 1

Celebrate what's working; what's already happening; recognise what's there; looking for aspirations and goals.

Redefine outcomes; build on exceptions; prioritise; link outcomes to what's happening.

Work on political processes / politicians; demonstrating the evidence of the approach.

Perhaps need to define 'community'.

Outcome 4

Not 'problem focused' – pre-session changes, tiny signs of positive change

- Continuity
- Bringing assessment and treatment together

Discussion re: SFBT and engaging with Government with respect to diagnostic criteria, well-being indicators and how SFBT can provide some answers to engaging in a strengths-focused way – responding to the rhetoric of this.

- Lobbying people in 'power' re SF approaches
- Foster collaborative working through training in professions.
- Solution Focused practitioners on advisory groups in Scotland.
- Promoting money saving / value of SF approaches.



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**Notes from the Scottish Solution Focused Network
meeting held on the 16th October 2012 at the Playfield
Institute, Stratheden Hospital, Fife.**

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Notes from the Scottish Solution Focused Network meeting held on the 16th October 2012 at the Playfield Institute, Stratheden Hospital, Fife.

The third meeting of the Scottish Solution Focused Network was held at the Playfield Institute on October 16th. Given that the revised date for the meeting fell in the middle of the autumn school holidays for most of the country, it was a 'small but select' group who met to discuss and share their experience of solution focused practice. The highlight of the morning session was the viewing of 'An Ecology of Mind', Nora Bateson's portrait of her father, Gregory Bateson. The film explored various aspects of Bateson's thinking and reminded us of Bateson's, often unrecognised, influence on Solution Focused thinking. Central to this was his argument that *context* was the crucial component in any relationship; it is the context of any interaction that defines



Gregory Bateson demonstrates some of the more convenient ways to divide a geometrical shape into smaller shapes. But does it mean anything ...?

its meaning. Other key themes involved the interdependent relationships between apparently different parts of life, and the problems that arise from studying only one end of a relationship. Following the film, the group discussed various aspects of Bateson's work and the way in which it

impacted on SF practice. Such was the relevance of the film to current practice that this discussion ran on until lunchtime.

Following lunch, the focus moved to what was working well for us. Participants spoke of various successes over the summer, including the drawing together of practitioners into small SF teams, and engaging with community groups to promote resilience in disadvantaged communities. The

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success of this summer's UKASFP Conference was mentioned and, following from the SSFN workshop 'Engaging with the Scottish Government's Agenda on Health and Wellbeing' on the pre-conference day, Steve Smith and Graham Buchanan have had a paper accepted for publication in *InterAction*, the journal for solution focus in organisations. Another success was seen in the Network achieving some of its key goals agreed in March. These included organising two further meetings since March, and announcing to the World (or at least

On a scale from 0 to 10, where are we now?

o **1**

10

So what would '2' look like?

A date in the diary for the next meeting.
Newsletter (possibly a '3')
Announcement – we exist!
Members list
Emails

Where we were in March.

the SF world present at the UKASFP

Conference) that we exist. This led to a discussion of 'where do we go from here?'

A strategy for compiling a Members List was agreed, and emails will shortly be sent out to everyone on the mailing list

inviting them to become Members of the SSFN. Those who respond to the email, wishing to become members, will be added to a new mailing list, and those who don't respond will not be added; it was agreed that this process would ensure that colleagues who don't wish to be part of the SSFN would not be pestered by unsolicited emails from the network. However, in order to give colleagues the opportunity to respond, it was agreed that two separate emails would be sent out, one invitation and one reminder; thereafter only SSFN members would receive emails.

Dates for the next meeting were discussed, as was a potential venue. Caroline Clos agreed to explore the possibility of holding the next meeting in Perth, and has now confirmed that a venue is available. Therefore, the next meeting will

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be on Tuesday 26th February, 2013 at Training Room 4, within the James Murray Suite at the HUB, Murray Royal Hospital, Perth. Details of the event



Location of Murray Royal Hospital in Perth. For further details see http://www.nhstayside.scot.nhs.uk/patients/hospital/MURRAY_ROY_HOSP.shtml.

will be sent out nearer the time, but keep the date in your diary!

Further future steps involve the setting up of a webspace where network members can communicate and share ideas and experience. Graham Buchanan offered to explore the potential for an interactive webspace, allowing members to have their own space and to

create a *virtual community*. More news at the next meeting, if not before.

The meeting closed on a positive note, recognising that 2012 has been a very good year for Solution Focused practice and solution focused practitioners in Scotland, and anticipating an even better year next year.