

STRENGTH REBRIEFING, NOT TRAUMA DEBRIEFING. SFBT AND TRAUMA

SOLUTIONFOCUSED

INSTITUTE OF SOUTH AFRICA

YOUR FUTURE STARTS NOW



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SOLUTION FOCUSED THERAPY

During this workshop you will notice:

- Hope = key ingredient to helping people overcome challenging events in their lives
- Courage = key quality of overcoming difficult times
- A hopeful shift is necessary when we work with trauma
- Importance of not getting distracted by the trauma
- Importance of building relationships with people, not traumatic stories



TRAUMA CAUSES:

- Threat perception is enhanced:
 - ▣ Heightened fear

- Filtering system to disengage:
 - ▣ Everything is bad

- Self sensing system becomes blunt:
 - ▣ I am out of control
 - Bessel van der Kolk



SFBT LANGUAGE CHANGES THE PATTERN

- Threat perception is shifted by empowering and rebriefing strengths
- Filtering system is reset by language of hope
- Self sensing system changed by focusing on strengths and possibility of a different future



TRADITIONAL TRAUMA DEBRIEFING

TRAUMA DEBRIEFING

- ❑ Takes place soon after event
- ❑ Retelling / reliving of event
- ❑ Reflecting feelings - defusing
- ❑ Normalize symptoms
- ❑ Return to independent functioning / mastery
- ❑ Education

OUTCOME

- ❑ Reinforces the event
- ❑ Amplifies what went wrong
- ❑ Reinforce hopelessness
- ❑ Strengthens out of control
- ❑ Fear is enhanced
- ❑ Flashback is negative
- ❑ Destructive recall



SOLUTION FOCUSED THERAPY AND STRENGTH REBRIEFING

SFT

- Focus on clients goal
- Reconnect with strengths
- Reconnect with abilities and resources
- Positive coping / emotion
- Description of best version of self
- Future pull

OUTCOME

- Sense of control
- Rebrief resilience and amplifies ability
- Creates hope
- Pride
- Integration with resilience
- Productive recall



WHAT DO YOU CHOOSE TO BE

Victimologist:

- ❑ Airtime to what happened to client
- ❑ Debrief the trauma
- ❑ Destructive recall - negative flashback

Resilientologist:

- ❑ Airtime to what client did
- ❑ Who they are
- ❑ Productive recall



SOLUTION FOCUSED TRAUMA THERAPY PARADIGM

- No matter how terrible the trauma, it is not the only significant experience in the client's life
- If we respond as if it is
- Client becomes the victim of our treatment and the traumatic event

Yvonne Dolan



SOLUTION FOCUSED THERAPY

- ❑ Validate and acknowledge the experience
- ❑ Create a new experience
- ❑ Highlight coping and strengths
- ❑ Integration of strengths and future vision
- ❑ Focus on what client wants differently
- ❑ De-pattern by creating future pull
- ❑ Seeds hope and amplifies courage



SFBT PROCESS AND TRAUMA

- **Best Hopes room**
 - Goaling questions
- **Resource room**
 - Exceptions
 - Resilience and strength rebriefing
 - Positive coping
- **Preferred Future room**
 - Miracle question/ suppose and different
 - Scaling
- **Summary and Positive Message room**
 - Compliments, impressed us
 - Summary
 - Task



DESMOND RESOURCE ROOM

- **Connect to strengths by selective listening**
 - Build a relationship with person not trauma story
 - Rogers with a twist = reflect strengths
- **Expand the experience with positive emotion**
 - Amplify coping
 - Praise instead of panic
- **De-pattern thinking**
 - Yes set to strengths
 - Paraphrase coping and resilience



STRENGTH REBRIEFING

- Listen with Soul Ear
- Selective reflection
- Rogers with a twist / empathy with a twist
- Rebrief the strengths
- Build relationship with client NOT trauma
- Yes to strengths not Yes to what happened
- Empower before future vision can be seen



THIRD ROOM - PREFERRED FUTURE / POSSIBILITY LAND

- Detail of possibility
- Dress rehearsal for change
- Use language that shapes possibility of coping differently
- Create an experience of possibility
- Miracle ? Not always appropriate in African culture



SUMMARY

- ❑ Build a relationship with person, not with trauma
- ❑ Give strengths and coping more airtime
- ❑ Strength based language becomes virtual reality
- ❑ Create a first person narrative of pride
- ❑ Remember the coping instead of reliving
- ❑ Create new associations, a new experience
- ❑ Remember client's ability to bounce back
- ❑ Trust over trauma
- ❑ Be mindful what you ask, where you walk



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