

Solution-focused skills for practice educating

NOPT conference

Worcester

26 June 2018

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Getting started

- **People think better throughout the meeting if the very first thing they do is to say something true and positive about their work or about how the work of the group is going**

Nancy Kline (1999) *Time To Think: Listening to Ignite the Human Mind*, London: Cassell.

So...

- **Take it in turns to say something you've been pleased to notice about your practice educating recently (or any other work you've been doing)**
- **And something else?! ...**

***Solution-focused practice* offers a way of talking that can be helpful in practice educating, for example -**

- **In developing student competence**
- **To help think through specific pieces of work**
- **To help stuck situations become unstuck**
- **To help a student in their progress through the placement**
- **...**

Discovering solution-focused practice

- **The tape that you are about to see is of the first few minutes of a solution-focused session. It is my second meeting with D, the first having been two weeks previously**
- **After watching, we'll discuss what it has helped you to (re)discover about the solution-focused approach**

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1 Hoped for outcome

2 Detailed description of the realisation of these hopes

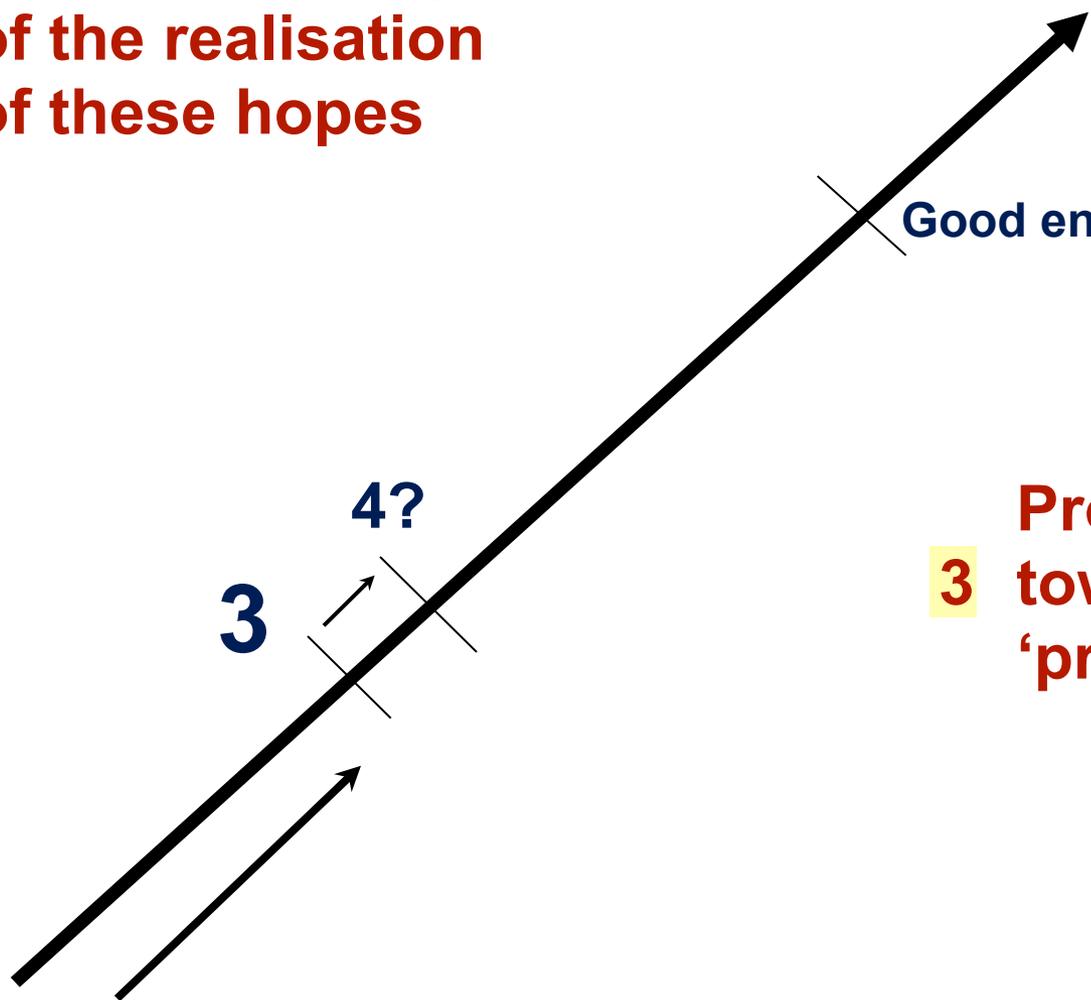
Good enough?

3 Progress towards this 'preferred future'

4?

3

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Describing a 'preferred future'

- Choose a quality you would like a bit more of
- Imagine that you wake up tomorrow and find that you do have a bit more of this quality
- How would this start to show itself?
- What might be the next small sign of this quality having grown?

Keep going through the day, asking about all the tiny concrete signs of change associated with this quality having increased. A useful way to do this is to find out all the things that your colleague will be doing tomorrow, from waking up onwards, and ask how the increased quality would show itself in each of those contexts.

- **While you were doing that, how would you know that you had more ...?**
- **What would you notice about yourself?**
- **What else?**
- **Who else would notice you had more...?**
- **How would they notice?**
- **What would they see you doing?**
- **What would they notice about how you did that?**
- **What else would they notice about you?**
- **What's the next thing you would do tomorrow? ...**

From stuckness to movement

- Think of a (current) piece of work that has been stuck or difficult in some way, and where there has been some progress
- *Interviewer - ask about*
 - i) the progress - what's better
 - ii) how it came about, paying particular attention to your partner's own part in this
 - iii) how your partner would know that there was a bit more progress still...

Questions to take away

- **What have you found most interesting?**
- **What has it left you curious to know more about?**
- **Where in your work could you imagine beginning to apply what you have learned?**

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