

## Problem solving

An ability to identify links between symptoms and problems facing the client, and hence to identify problems which may be appropriate for a problem solving approach
An ability to explain the rationale for problem-solving to the client
An ability to help the client to select problems, usually on the basis that problems are relevant for the client and are ones for which achievable goals can be set
An ability to help the client specify the problem(s), and to break down larger problems into smaller (more manageable) parts
An ability to identify achievable goals with the client, bearing in mind the client's resources and likely obstacles
An ability to help the client generate ("brainstorm") possible solutions
An ability to help the client select a preferred solution
An ability to help the client plan and implement preferred solutions
An ability to help the client evaluate the outcome of implementation, whether positive or negative
An ability to help clients test beliefs/assumptions which impede problem solving