

Ability to work towards resolving problems

An ability to help clients define problem(s) by a non-judgmental analysis of the sequence of events that lead to their development	
An ability to help clients(s) identify events that precede the “first” step in the sequence, by using techniques such as:	
	agreeing the sequence of behaviours which constitute the problem (as defined by the members of the system)
	tracking the pre-problem sequence of events
	examining the impact of family life cycles on the problem(s)
	reviewing attempted solutions
An ability to identify and discuss with the client(s) how attempted solutions may serve to aggravate or maintain problems	
An ability to help clients(s) develop a number of possible solutions by using techniques such as:	
	identifying early preventive action
	brainstorming about other possible solutions, highlighting the advantages and disadvantages of each one
	agreeing desired outcomes (defining goals)
	formulating a detailed plan to implement the chosen solution
	speculating about the consequences of implementing a specific plan, and discussing how to review outcome