

What are we concerned about?	What's working well?	What needs to happen?
<p>What happened that you are concerned about?</p> <p>What could happen?</p> <p>What makes it more difficult to find a solution?</p> <p>What do we need to take into consideration?</p>	<p>What's working well? What are you satisfied with?</p> <p>Who or what is helping you to achieve that?</p>	<p>What would need to happen in order for you to be completely satisfied with the situation?</p> <p>What can you do yourself?</p> <p>What should happen next?:</p> <ul style="list-style-type: none"> • Who? • What? • Where? • When?
External/professional help needed 0 ←	Scale of well-being	Problems have been solved → 10

“The 3-column Model - working with families”

In cases where concerns arise about the well-being or safety of children.

Alfred Volkers & Rob Paludanus

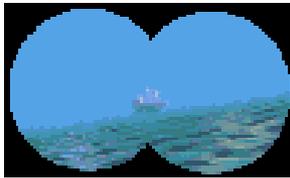


Program

- **Welcome and program**
- **Who are we?**
- **Solution-Focused Brief Therapy**
- **About the 3-column model**
- **Exercise**
- **features of the model**
- **Exercise in groups of 3**
- **In cases of concern about well-being or safety**
- **Application in Practice**
- **General reflection and evaluation**



Evidence based & Practice based program's



implement family programs

Evaluation & improvement

Evaluation & improvement

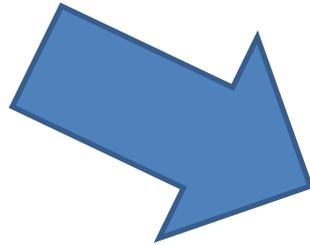
providing training

**Developing
Training program's**

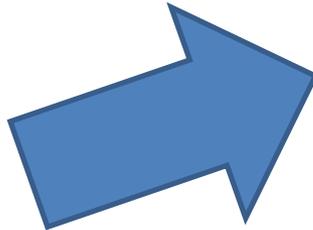




**SFBT From Milwaukee,
America to...**
(Insoo Kim Berg and Steve de Shazer)



To....



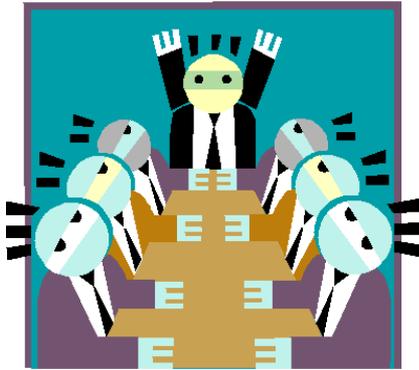
Signs of Safety from Australia
(Andrew Turnell and Steve Edwards)
and
Signs of Well-being from England
(John Wheeler and Vivian Hogg)



The Netherlands



Family group conference



Teambuilding



In organisations



Coaching

Solution-Focused Brief Therapy

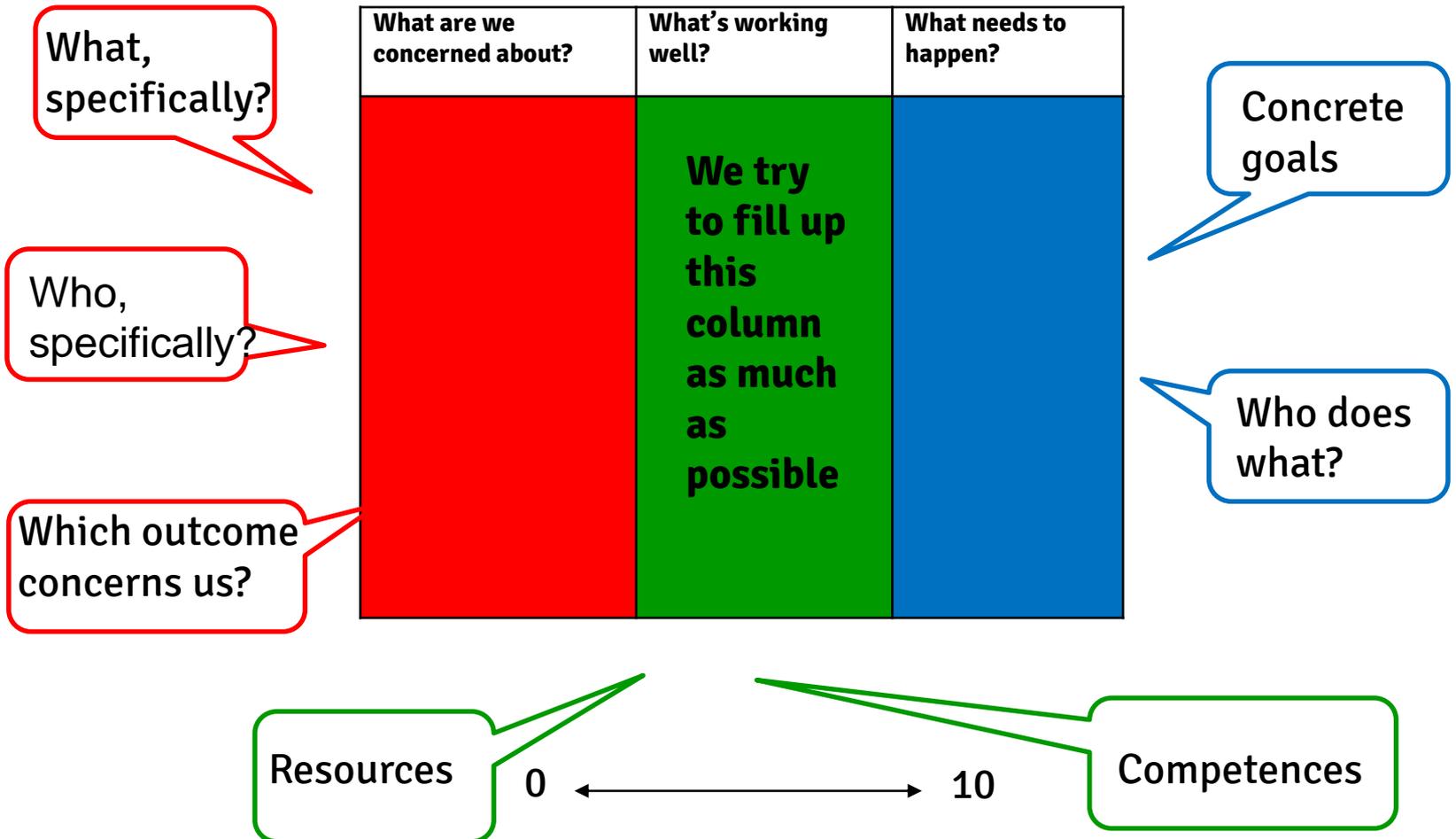
- **Focus on competences of the client**
- **Focus on goals that are important to the client**
- **Focus on the desired outcome**
- **Focus on what the client is already doing to achieve the desired outcome**
- **Focus on small, achievable steps**



What is the 3-column model

- **An easy way of assessing the welfare of children, young people or other clients.**
- **A way to build cooperation with clients towards an active process of change.**
- **A way to help professionals work from a common frame of reference**

3 Column model



Think about a situation that you are (or were) concerned about:

Concerns

Possibilities

What needs to happen?

← **Step 1: go back and forth** →

STEP 3

What exactly happened that concerns you?

What are you doing already to deal with the concerns?

What would be the first signs for you that things are moving in the right direction?

What would the person(s) involved say about your concerns?

Who are the key people in the situation and how do they help?

If, after 3 months the concerns are solved, what changes would you like to see?

Given everything that happened, what is the worst that could yet happen?

If you were to ask the person(s) concerned what's going well, how would they respond?

What is the first step that should be taken to solve the problems?

How does your concern affect well-being or safety?

Who could contribute more so that your concerns don't grow?

What can you do yourself as a first step?

Did the people involved ever respond to the problem in a helping way? If so, what did they do?

Who could help?

How would you assess the situation on a scale of 0-10, where 0 means: 'we need help from a professional' and 10 means 'the problems have been solved'. Repeat this exercise for different people involved, including friends, relatives etc.

0 ← **STEP 2: Scale of well-being** → 10

Features of the model

- **Designed to work with children, young people and their families.**
- **Focuses on the issues that are important now.**
- **Emphasizes what is currently working well**
- **Aims to create partnership.**
- **Can quickly bring about change.**
- **Developed from work in practice.**
- **Only needs a single A4 sheet.**



Excercise

Exercise Working with the 3 column model

In groups of three divide into the roles of coach, client and observer.

The exercise lasts for 30 minutes.

After 15 minutes the coach and the observer switch role

In the role of the client:

You can roleplay a client you know very well who has a particular problem or you can choose a real problem of yourself.

In the role of the coach:

Start asking questions in the 3 columnmodel.

You can choose starting with questions about worries/concerns or questions about what's working well.

After the first 2 columns you can ask the scaling question

Then you ask the questions of the third column, to make realistic goals

In the role of the observer:

You listen carefully to the process, taking notes if needed, and give positive feedback to both parties at the end.



3 Column model

What are we concerned about?	What's working well?	What needs to happen? 
<p>What happened that you are concerned about?</p> <p>What could happen?</p> <p>What makes it more difficult to find a solution?</p> <p>Who else is worried?</p>	<p>What's working well? What are you satisfied with?</p> <p>Who or what is helping you to achieve this?</p>	<p>What would need to happen in order for you to be completely satisfied with the situation?</p> <p>What can you do yourself?</p> <p>What should happen next?:</p> <ul style="list-style-type: none"> • Who? • What? • Where? • When?

External/professional help is needed

0

Scale of well-being

Problems have been solved

10





SFBT using the 3 column model

What concerns you?

- What is happening that concerns you?
- How does that affect you?
- How often does it happen?
- What happens exactly?
- Who else knows about your concerns?
- What does he or she say about your concerns?
- How do your concerns affect the well-being or safety (in this family)?

What's working well?

- You say you're a team – how do you help each other? (what else)?
- How do you ensure that your concerns don't increase?
- Who knows about your concerns and how do they help?
- You say that things are fine sometimes – what do you do that results in things going well?
- What does your child think is going well?
How does this help you deal with your concerns?

What needs to happen?

- What do you want instead?
- What is your next step in moving towards your goal?
- What support do you need?
- What will be a small sign of progress?
- What will move you up one point on the scale?
- What is your plan for the next week as we talk about your concerns?
- In three months, what do you want to see to be different?
- What will be your first step?

Questions and discussion



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