

SOLUTION III
SF WORLD CONFERENCE
THE HAGUE 15-16 June 2018

SOLUTION FOCUS MEETS BODY WORK



Creathera
Bern

Dr. med. Ursula Bühlmann- Stähli
Kinder- und Jugendpsychiatrie und -psychotherapie FMH
Marktgasse 22, CH- 3011 Bern
www.creathera.ch
dr.u.buehlmann@bluewin.ch

WOWW

- What about the body in the SF practice?
- What are your experiences of using body and senses as resource for SF practice? What exactly are you doing?
- What would your clients say is useful for them?

SF attitude



Different type of questions

.....

Focusing on resources and competence

the client is the expert

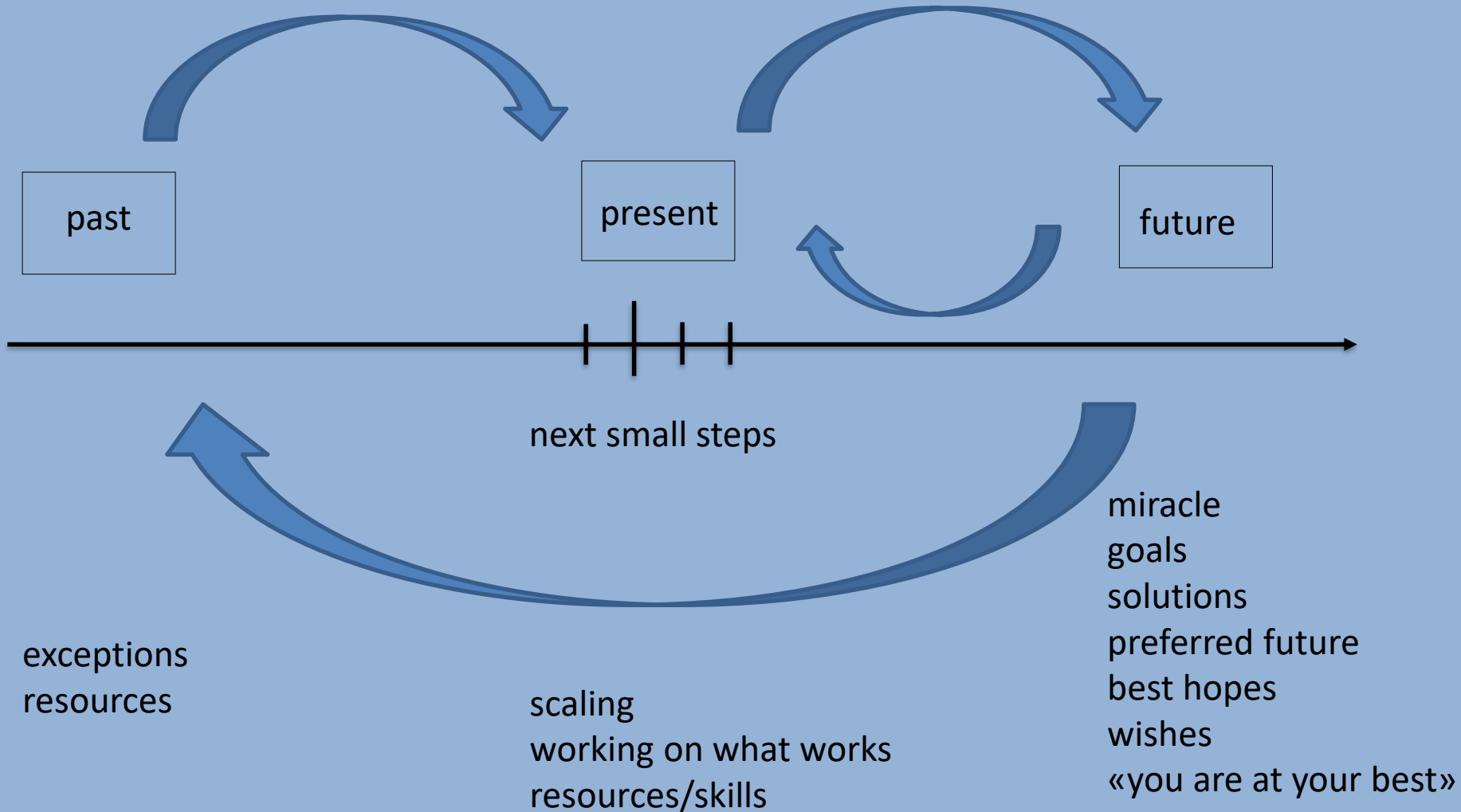
.....

.....

Attitude of «not-knowing»

tools/instruments

THE SOLUTION FOCUSED MODEL



«**Experience** is about large networks on different levels and in different brain areas, always crosslinked with the body, in exchange with the environment.»

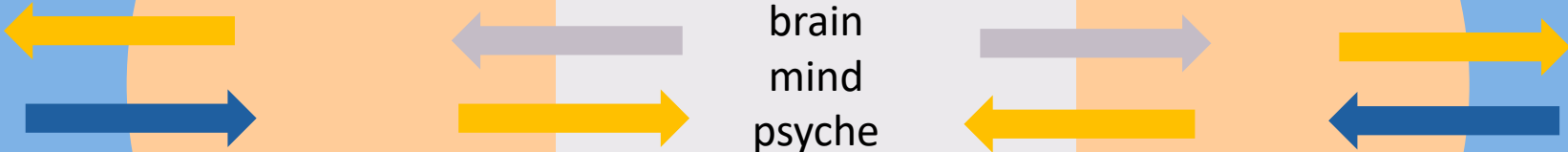
«Since children (and youth) do not have fully developed language skills, they communicate with body movements, looks, imagination, fantasy and many other creative ways that adults knew once but have forgotten. Therefore, working with children requires different ways of observing and listening.»

Insoo Kim Berg, Theres Steiner: «Children's Solution Work»

environment

body

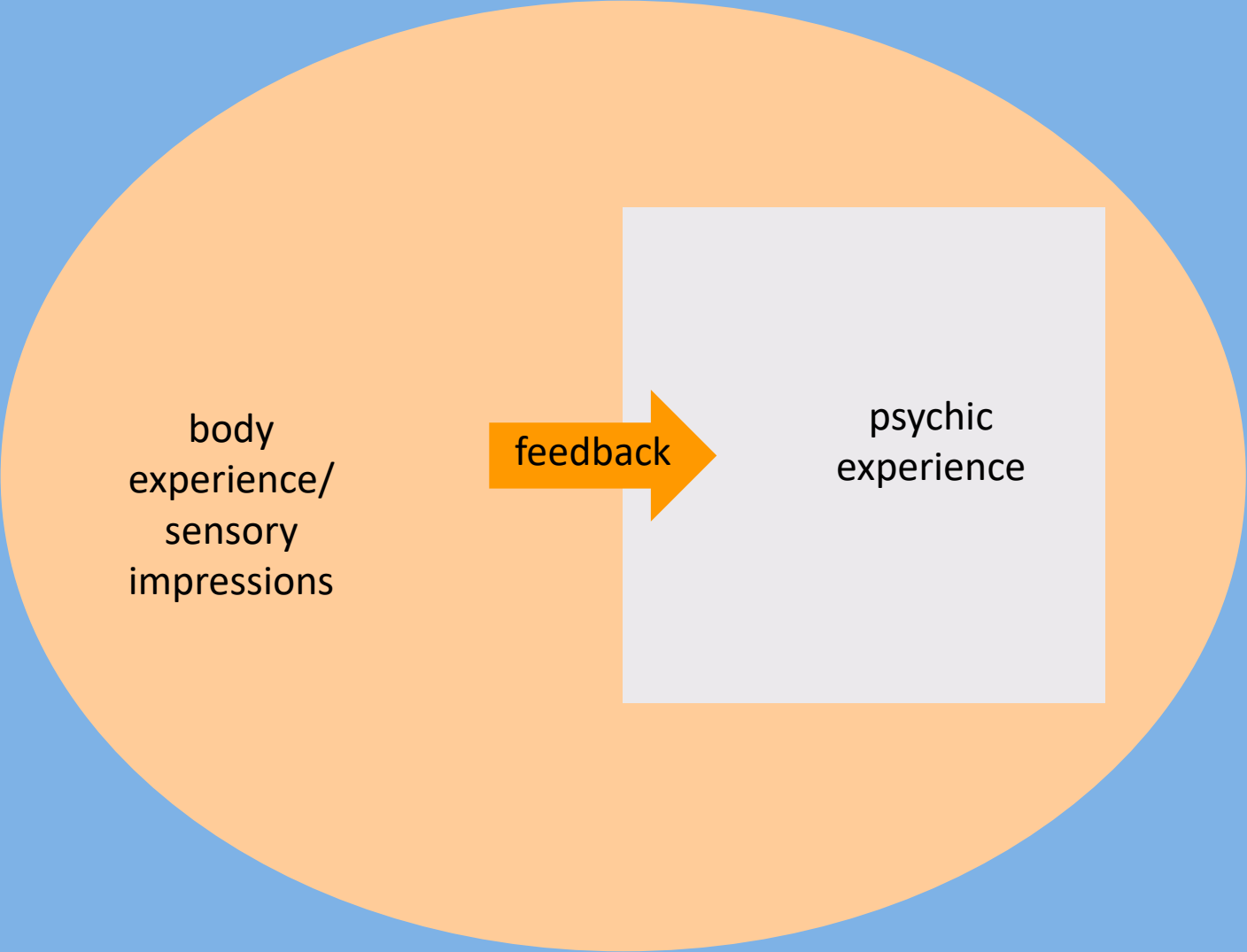
brain
mind
psyche



EMBODIMENT

The mind (means mind, thinking, cognitive system, psych), together with his organ, the brain, is always in relation to the whole body. Mind/brain and body in turn are embedded in the rest of the environment. The concept of embodiment asserts that without this twofold embedding, the mind/brain can not work intelligently.

environment



PEANUTS

So stehe ich,
wenn ich deprimiert bin.

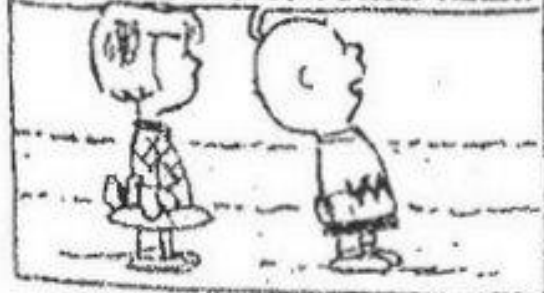
© 1960 United Feature Syndicate, Inc.



Wenn du deprimiert bist, ist es
ungeheuer wichtig, eine ganz be-
stimmte Haltung anzunehmen...



Das Verkehrteste was du tun
kannst, ist aufrecht und mit er-
hobenem Kopf dazustehen, weil
du dich dann sofort besser fühlst.



Wenn du also etwas von deiner
Niedergeschlagenheit haben willst,
dann mußt du so dastehen...

