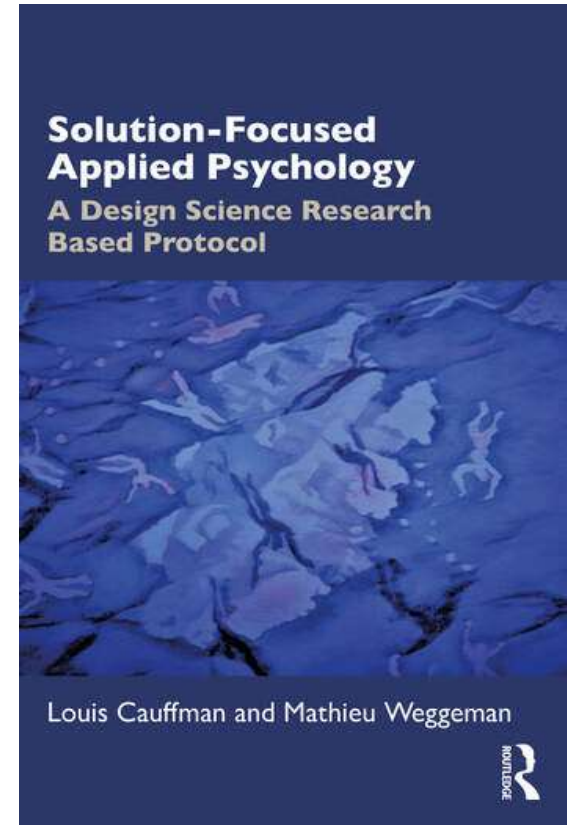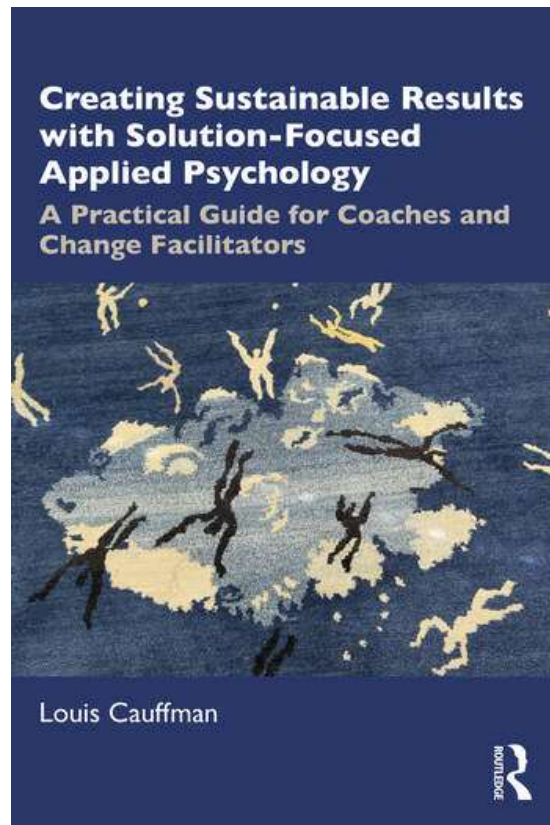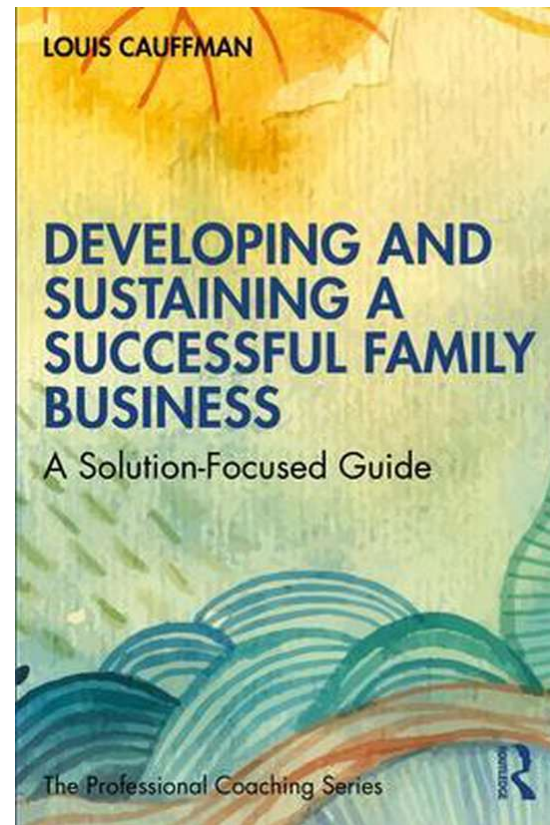# The scientification of SF:

a Design Science Research based approach to improve practical effectiveness

Louis Cauffman

TWIN BOOKS

Creating Sustainable Results with Solution-Focused Applied Psychology
A Practical Guide for Coaches and Change Facilitators

Louis Cauffman

Solution-Focused Applied Psychology
A Design Science Research Based Protocol

Louis Cauffman and Mathieu Weggeman

APPLICATION

PRACTICE

Creating Sustainable Results with Solution-Focused Applied Psychology
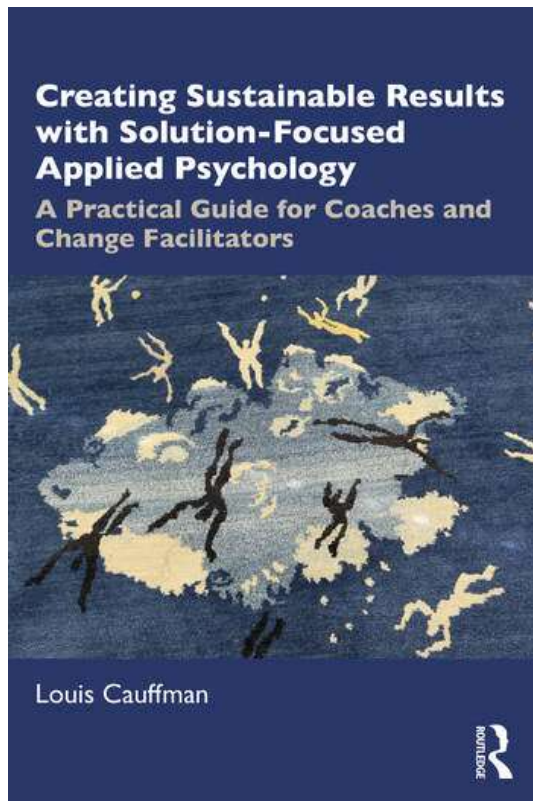
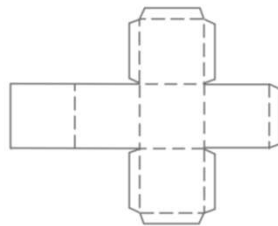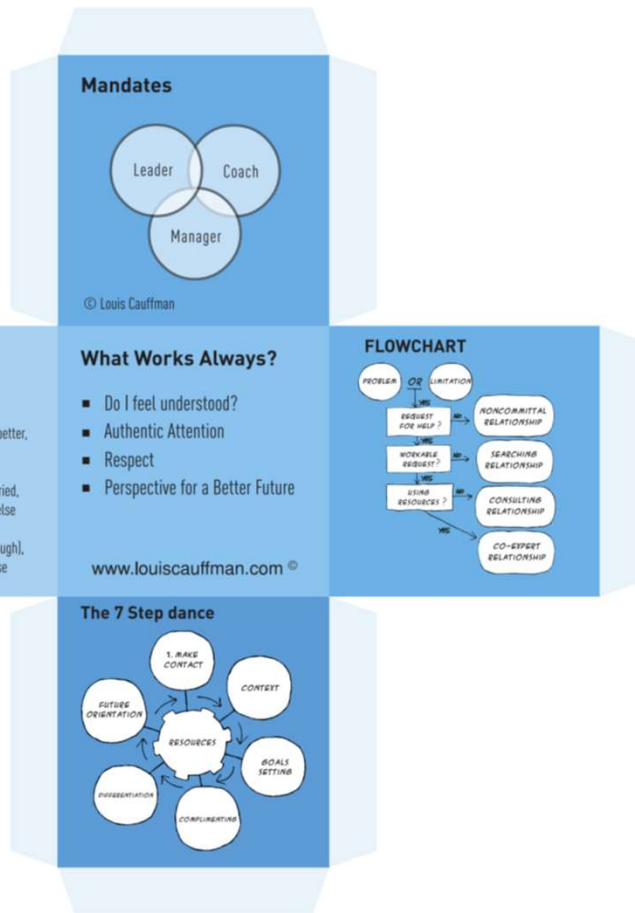A Practical Guide for Coaches and Change Facilitators

Louis Cauffman

The Solution Cube©

1. Basic Axioma's

2. Basic Minimax Rules

3. Continuation question: non-specific variables

4. Mandate: a trilemma
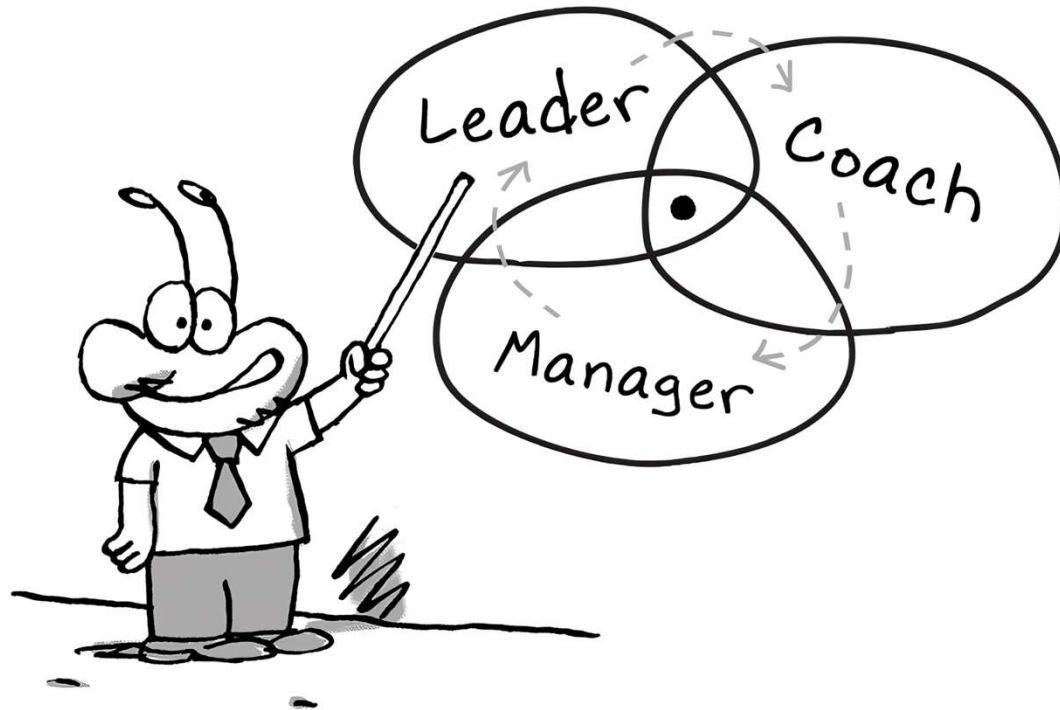
5. Seven Step Dance

6. Flowchart

SolutionCube©

Print on minimum paper weight of 160gsm

Mandates

Leader · Coach · Manager

© Louis Cauffman

Basic Axiom's

- Systemic model
- Client-oriented
- Resource-orientation
- Resilience
- Clover: Ratio-Emotions-Behavior-Interaction
- Science of Well-Being

Basic Rules

- When not broken, no not fix
- If something works good (enough) or better, keep doing it or do more of it
- If something doesn't work, after you tried, stop, learn from it and do something else
- If something Works (good or good enough), offer it to or learn it from someone else

What Works Always?

- Do I feel understood?
- Authentic Attention
- Respect
- Perspective for a Better Future

www.louiscauffman.com ©

FLOWCHART

PROBLEM OR LIMITATION
REQUEST FOR HELP? → NO → NONCOMMITTAL RELATIONSHIP
WORKABLE REQUEST? → NO → SEARCHING RELATIONSHIP
USING RESOURCES? → NO → CONSULTING RELATIONSHIP
YES → CO-EXPERT RELATIONSHIP

The 7 Step dance

1. MAKE CONTACT
CONTEXT
GOALS SETTING
COMPLIMENTING
DIFFERENTIATION
FUTURE ORIENTATION
RESOURCES

Cube Pattern
Cut on solid lines - Fold on dashed lines

SOL T.E.A.M. | LOUISCAUFFMAN.COM

The 7 Step dance

FLOWCHART

Design Science Research

Solution-Focused Applied Psychology
A Design Science Research Based Protocol

Louis Cauffman and Mathieu Weggeman

ROUTLEDGE
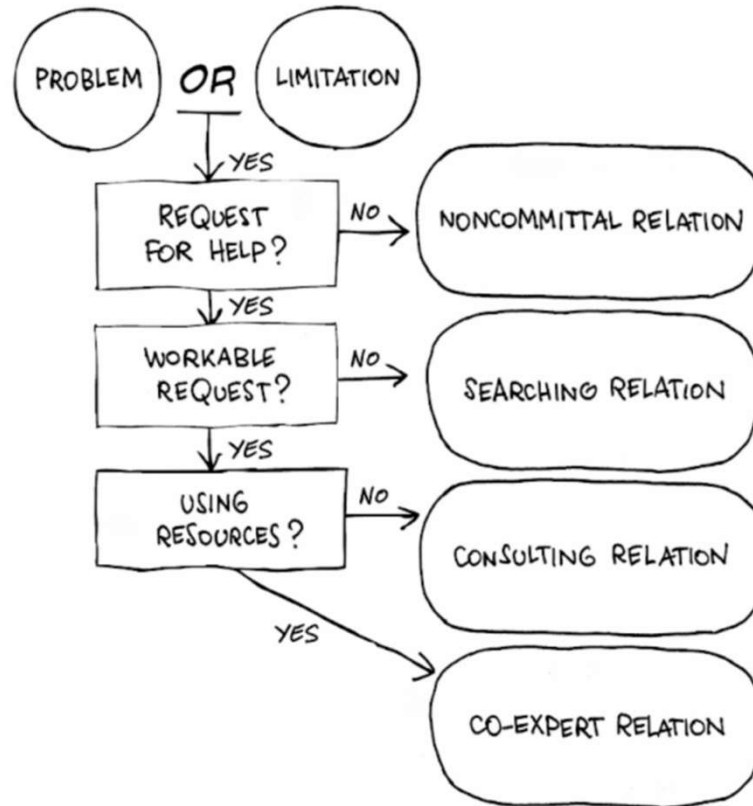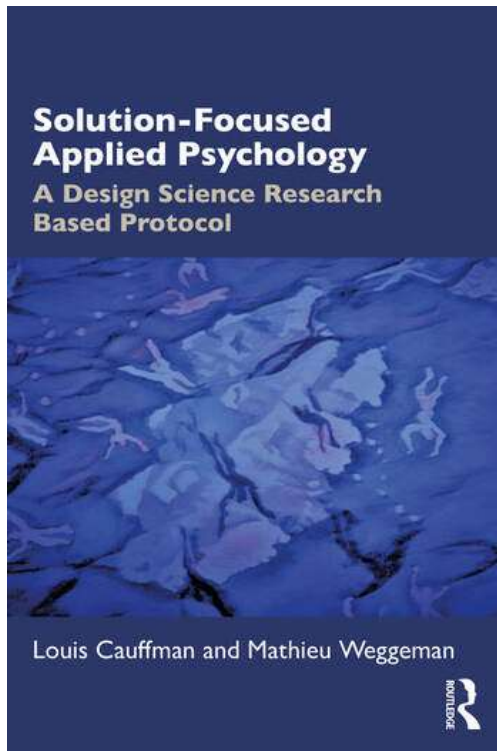
DESIGN SCIENCES

1. conducted from perspective of an involved actor

2. driven by interest in field problems of this actor

3. focused on knowledge-to-improve
(not k-to-explain)

4. pragmatic validity = key

SF scientification through DSR

- The non-SF community sees the non theorized lack of problem-analysis as bag of tricks
- The non-SF community disregards the epistemological complexity:

     thinking-behind-the-thinking

- Although evidence-based outcome research, there is a lack of validation of SoFAP approaches
- Solution: →DSR methodology as scientific foundation and validation resulting in 'arrangement of interventions'

→iterative and recursive dynamic flowchart

Design Conditions

1. Practical relevance

2. Operational relevance
   → applicability + easy to learn

3. Non-obviousness
   → exceeds or complements common sense

4. Appropriateness
   → up-to-date + state-of-the-art

Design Principles

• Overall: needs a level of abstraction that allows it to be used by all individuals working in the field at hand.

• CIMO = tools of practice

  1. Context: what is the field problem?

  2. Intervention: which action(s) should be taken

  3. Mechanism: how do the interventions lead to effect

  4. Outcome: result to be expected

→ design conditions + principles need to result in SoFAP Protocol

Definition of SoFAP Protocol

- NOT: ~~standardized one-size-fits-all~~
- DEFINITION of protocol ➔ a set of master rules or instructions that govern rules at a lower operational level that guide the ordering of interventions that a change facilitator can use to work efficiently and effectively.

Back ground research gives us:
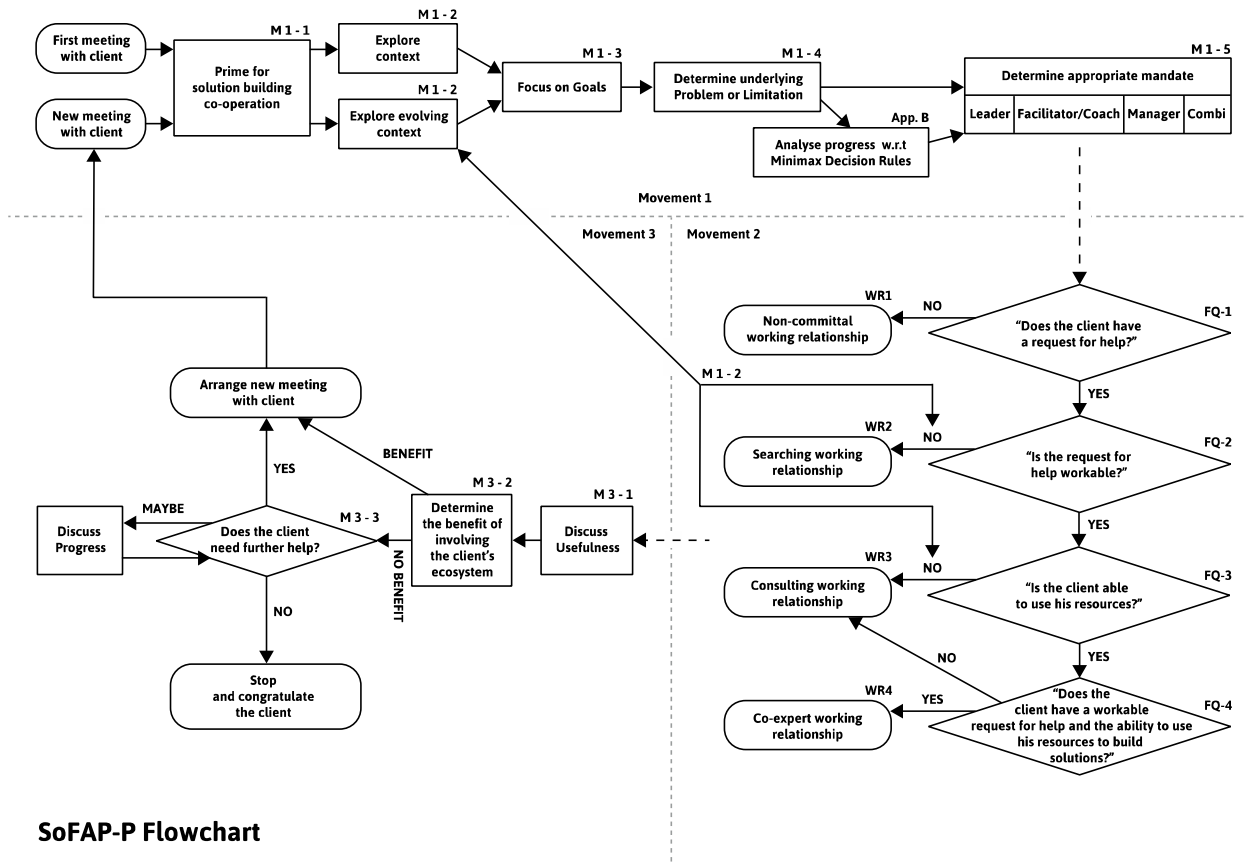
- Points of Attention
        ↓
- Lessons Learned
        ↓
- Best Practices

Best Practices validated by SF-DSR research

1. Optimalize the working relationship into an **alliance**
2. Set goals in an **active** manner
3. Set goals in a **continous** manner
4. Concentrate on the client's **resources** and **possibilites**
5. Use Minimax decision Rules

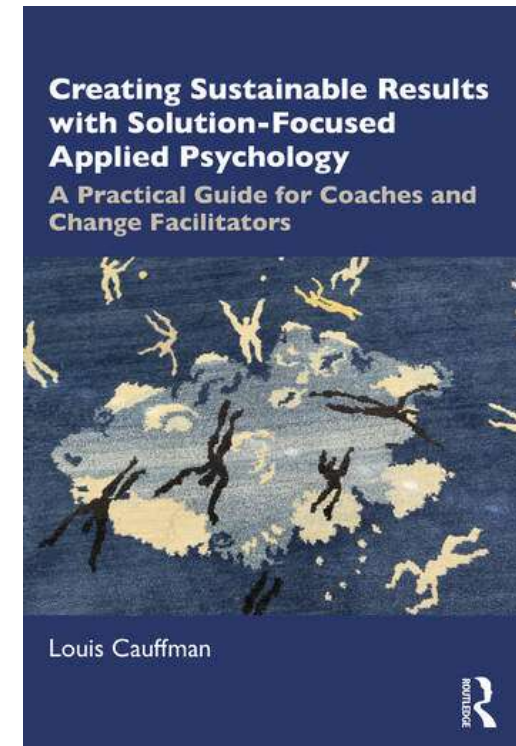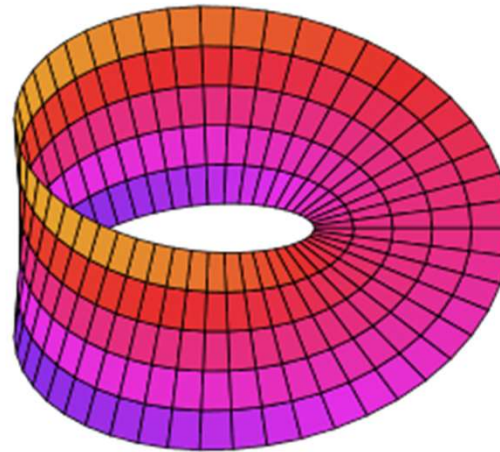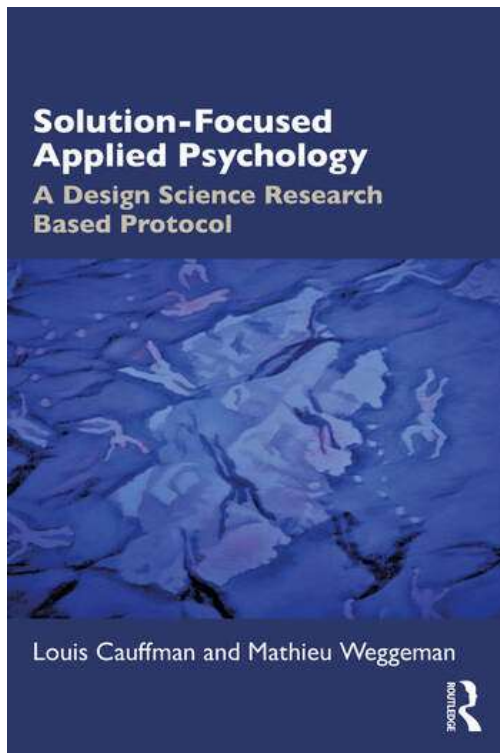# SoFAP Protocol: Arrangement of interventions

SoFAP-P Flowchart

SoFAP Protocol: Arrangement of interventions
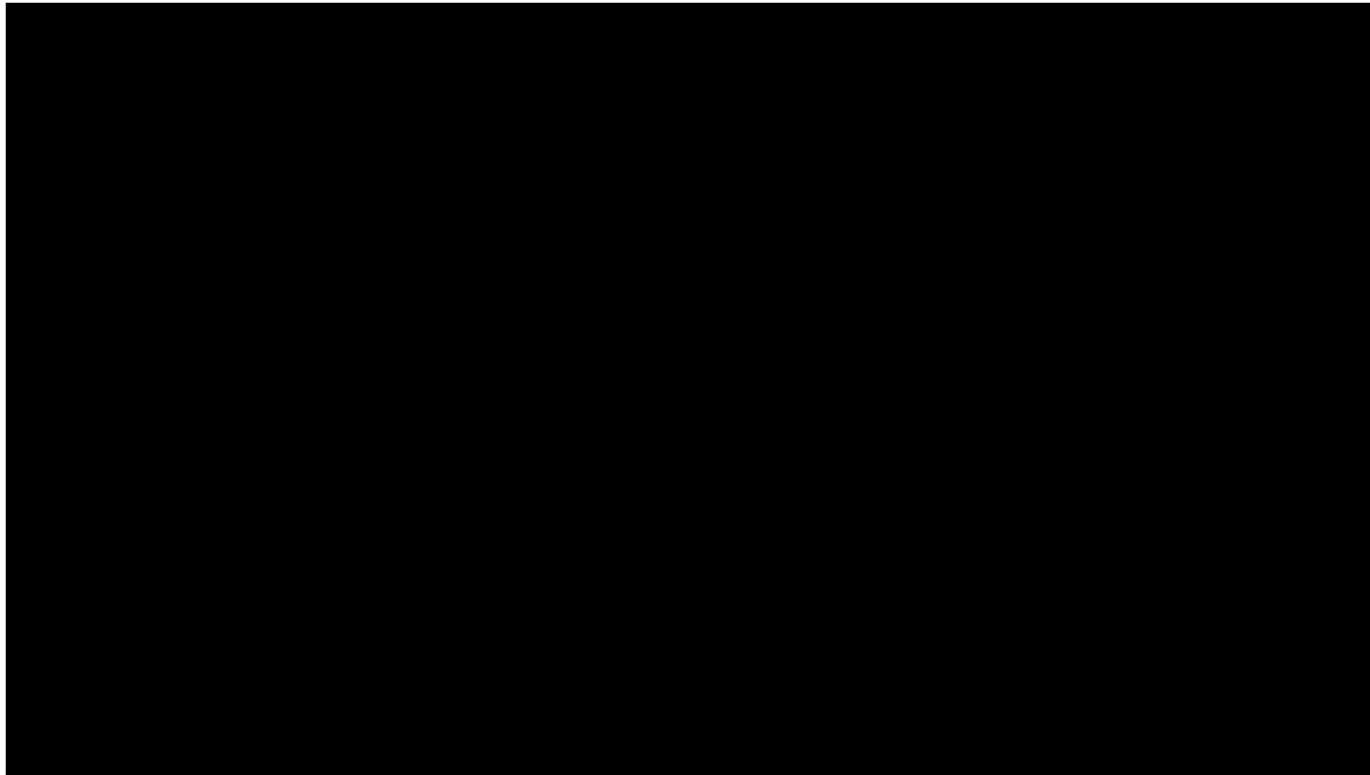
Dynamic arrangement of interventions

TWIN BOOKS = **Möbius ring**

Conceptual Articles

Solution-focused Applied Psychology a Design Science Research Based Protocol (SoFAP-P)

Louis Cauffman, Mathieu Weggeman

Solution-Focused Psychology   Design Science Research   Methodology   Protocol   Change Facilitation   Coaching   Psychotherapy   Applied Psychology

www.louiscauffman.com