

From: IKBerg1@aol.com
Date: Fri Oct 24, 2003 6:41:36 AM Pacific/Honolulu
To: lorenn@hawaii.rr.com
Subject: adolescents

Dear Lorenn,

I cannot write too long because I have to get out to the airport in about 45 min. to get to Mexico. I have written a paper on this topic sometime ago and it is somewhere here but I will have to find it first. I will send you a copy of the paper but it is basically the same as you would do with any other problem:

1. Find out what the teenager wants - do not push the drug issue but what he/she thinks is the most urgent concerns are.
2. Focus on what is important to him/her, find out some exceptions to this identified concerns. Find out the details on how he created this exceptions.
3. If is related to parents/p.o. on his back, brainstorm with him about what will convince parent/p.o. to get off his back. Ask about when he has been able to do those things that will get them off his back.
4. Use scaling questions to assess his confidence, motivation, how hopeful, etc. etc. related to his goal.
5. Report back on the progress and discuss the next small step toward what he wants.
6. Lots of credit goes to his thoughtfulness, cooperation, showed up for appointment, strong-minded, and so on that contributes to his chances of success in getting people off his back.

There is a Solution-focused Brief therapy conference in November, '04 in Park City, Utah. Perhaps you and I can work on some project together between now and then, and report back to the field about how this is being done. I hope you can keep a good record of what you have done with the case just finished (neighbor to neighbor dispute).

I hope we can stay in touch via email for a while until we can come up with a common project or something we can do together through distance. I will start an on line course on SFT in middle of November and it is all done via emails and class participants are from around the world. You might want to look into it to deepen the understanding and application of the model. I have to warn you, however, it will take about 3-4 hours aweek for 16 weeks.

I really have to get going with last minute business of leaving. I return on Sunday night and will be in town for 3-4 days before leaving again.

Best wishes, Insoo Kim Berg