

CONTENTS

- Introduction 1
H. Hello 2
O. Orientation Toward Solutions 2
P. Past and Present Exceptions 3
S. Scene 1: Future Play 3
C. Create a Scale 4
O. Optimizing Creativity 4
T. Trauma and Abuse Solutions 4
C. Collaboration: The Art of Playing Well with Others 5
H. Hope for Families 5
- 1** Background 7
 SFBT Tenets and Children 8
 Let's Play 10
 Systemic Considerations 11
 Solution-Focused Play Therapy 12
- 2** H. Hello 16
 First Meetings 16
- 3** O. Orientation Toward Solutions 29
 What Do You Want? A.K.A. Goal Setting 29
 Language 37
 Preferred Futures for Families 39
- 4** P. Past and Present Exceptions 47
 Exceptions and Change 47
- 5** S. Scene 1: Future Play 56
 Future Play 56
 Case Scenario: Kids Work It Out 58

Future Play Ideas 59

6 C. Create a Scale 66
Happy Spot Hopscotch 67
Scaling Tools 77
Types of Scales 82

7 O. Optimizing Creativity 87
Children and Creativity 88

8 T. Trauma and Abuse Solutions 105
Walking My Future Path: Neurological Pathways 106
Post-Traumatic Stress, Success, and Growth 108

9 C. Collaboration: The Art of Playing Well with Others 125
Primary Collaborators 126
Collaboration Tools 129

10 H. Hope for Families 136
Case Example: Beginning to End Treatment of an Aggressive and Caring Boy 137
Concluding Therapy 151

Index 153