

Rodney  
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# **Creative solution-focused practice**

**UKASFP Conference 2013**

**Guy Shennan and Rob Black**

**London and Bath**

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# Saying hello

**Turn to a person near you who you don't know**

**Now tell them something you've enjoyed about your day so far, without using any words**

**Now the other way, let your partner know about something you're hoping to take away from today, again, no words!**

# **Welcome!**

**...to our workshop on creative solution-focused practice**

**where there will be a little bit of talk about creativity, and a little bit of creativity**

**We hope you have fun...**



‘One of the beauties of skateboarding, is that we all draw from the same pool, and give back; so that others can do the same and keep expounding. Very much like an open source community’

Rodney Mullen, 2013

**Drawing from...**



**Giving back...**

getting work done at college

getting on better with family

listening to my parents



CONFIDENT

DANCING

SWIMMING



shop

best mate

fall

happy

Don't lose the plot!

Worked harder at school

Confident

Preferred future collage

NOT SWIMMING

**‘An innovation is something original, new, and important - in whatever field’**

# Focusing

- Adding embodied to verbal communication
- By paying attention to one's physical experiencing - noticing what is going on in one's body
- The *felt sense*
- 'What does *all of that* feel like?'
- Compare it to a symphony - think of Beethoven's 5th...
- ... you don't hear or think of all the separate notes or instruments, you have a sense of *the whole thing*
- And noticing physical shifts

# Looking at what works in therapy

- **Solution-focused** - looked at what the workers were doing...
- **Other researchers** - looked at what clients who later had good outcomes were doing...
- **They were *focusing***

# Preferred future with focusing (1)

- **Help them focus first -**
- ***I'd like to invite you just to pay attention to what you are experiencing in your body... you might or might not yet be able to put words to it... pause... just stay with whatever it is you are feeling at the moment... have you got a sense of that?...***
- **Now ask your partner to bring to mind a change they would like to make in their lives at the moment...**



# Preferred future with focusing (2)

- *Imagine that you wake up tomorrow to find that you have made this change*
- *When and where would you first notice this?*
- *What would you notice about yourself, that would tell you that you'd made this change*
- *What else?*
- *Who else would notice? How would they know?*
- *What effect might this have on them?*
- *What other differences would it make, if this change were to have happened?*
- *And so on and so forth...*

# Preferred future with focusing (3)

- Finally, help them focus again -
- *Now, having described these differences, that making this change would lead to, pay attention to what you are noticing in or about your body now.*
- *What is your sense of all of that? Can you find some word or words for what you are noticing? And it's fine if no word fits as well...*
- *Just stay with that for a few moments...*
- **AND NOW, DEBRIEF...**



# **Drawing from the same pool and giving back... walking around...**

- **What are you pleased about what you've given to today so far?**
- **...and you?**
- **What would you like to draw from the pool here so far today?**
- **...and you?**
- **...**

# **Stop!**

**You're wondering now,  
What to do,  
Now you know  
This is the end...**

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