

10:09:38 From Guy Shennan, London to Everyone : What have you been pleased to notice about how you've been working recently?  
What else have you been pleased to notice...?  
What else...?

... Keep going!

10:23:48 From Guy Shennan, London to Everyone : One thing I discovered that makes me pleased to be spending this CPD day with you is...

10:30:08 From Guy Shennan, London to Everyone : What did you find interesting about that exercise – in general?

What did you find interesting about the questions you were asking each other, and their wording?

10:33:50 From Zoe Gisby, Essex to Everyone : The positive wording "pleased"

10:33:51 From sharon BRADFORD to Everyone : It put the into left prefrontal cortex

10:33:52 From Jeanette Brennock, Norfolk to Everyone : Great experience made me and be positive

10:33:59 From deb morton to Everyone : The wording of the questions leads to positive answers

10:34:03 From Jane Fox, Stockport, Manchester to Everyone : The questions made me think about something I wouldn't normally think about.

10:34:07 From Elizabeth Adaci, Camden to Everyone : We are all very supportive of one another and keen to learn from one another

10:34:07 From sharon BRADFORD to Everyone : made them think positive

10:34:10 From Mj French – buckinghamshire– london to Everyone : was specific to show had listened to that person

10:34:12 From Nikki Hutchinson Frome to Everyone : The wording pleased to notice made me focus on the postitives.

10:34:20 From Sally Hare from Bristol to Everyone : Liked its circularity – democratic, and made you dig deeper ...

10:34:20 From Katrina Wilson, Hertfordshire to Everyone : All those in my group were (what I gathered) full time therapists (I am not)

10:34:25 From Jane Fox, Stockport, Manchester to Everyone : Questions are simple, open questions and the repetition stretches you.

10:34:26 From Nick Clarke to Everyone : 'Pleased to notice' I found to be different to how I would normally talk, but this made me think harder about the question.

10:34:28 From Carol Dixon, Cranleigh, Surrey to Everyone : The wide variety of answers, all positive

10:34:28 From Katrina Wilson, Hertfordshire to Everyone : Work related

10:34:32 From Helen Green to Everyone : nice to remember how wording questions can lead to a positive responnse

10:34:41 From Laura Nickson, Cheshire to Everyone : Positive questions. Made people reflect in a positive way.

10:34:42 From Sharon Dyke – Taunton Somerset to Everyone : The SFBT framework encourages positive responses

10:34:58 From Tanif – Bingley, Bradford, West Yorkshire to Everyone : it was interesting to be on the receiving end of solution focused questions

10:35:33 From Mariana Babas to Everyone : For me, the question can be a good ice breaker at the beginning of the session replacing the "How are you today?", which we can't ask. :)

10:41:14 From Ann Brennan to Everyone : Great question Elizabeth

10:56:13 From Guy Shennan, London to Everyone : Interviewer, interviewee, observer

Interviewer, ask the interviewee:

So, what's one thing you've been pleased to notice about your work recently?

Then, continue the interview, following this crucial rule:

Every question has to connect with the previous answer

Observer – please offer the interviewer compliments on their interviewing skills & on how they followed the rule

11:05:34 From Jeanette Brennock, Norfolk to Everyone : Wow thank you Marianna xx

11:05:48 From Mariana Babas to Everyone : Thank you so much, Jeanette and Jo! :)

11:50:27 From Guy Shennan, London to Everyone : What did you learn about the art of solution-focused questioning?

11:50:54 From Mariana Babas to Everyone : It's also about listening! :) Equally important!

11:51:13 From deb morton Hove to Everyone : Very useful to have to keep developing and digging deeper

11:51:21 From Katrina Wilson, Hertfordshire to Everyone : Was great to get interviewee consider THEIR part, and THEIR qualities

11:51:27 From Nick Clarke to Everyone : There tends to be a fairly natural follow up question to the previous answer.

11:51:29 From Jane Fox, Stockport, Manchester to Everyone : Identifying qualities is empowering to the client

11:51:35 From Helen Green to Everyone : It's nice to experience being asked questions ourselves like we would with our clients

11:51:40 From Elizabeth Adaci, Camden to Everyone : First answers much easier than subsequent answers when you have to dig down.

11:51:49 From Tanif – Bingley, Bradford, West Yorkshire to Everyone : it is helpful to put ourselves in the clients shoes sometimes.

11:51:56 From Katrina Wilson, Hertfordshire to Everyone : And where it could lead to the future self – getting them to visualise that future

11:51:57 From Laura Nickson, Cheshire to Everyone : Important to be curious and to ask the best questions to enable to person to think deeper.

11:52:07 From Sally Hare from Bristol to Everyone : I started off focusing on getting the questions 'right' but actually it seemed a

natural flow to prod then keep prodding!

11:52:24 From Jo Malseed Wales to Everyone : Very straightforward tools to help us dig deeper

11:52:39 From sharon BRADFORD to Everyone : nice to get feedback which we never get normally

11:53:02 From Elizabeth Adaci, Camden to Everyone : Feedback and critique was so helpful

11:53:18 From Jeanette Brennock, Norfolk to Everyone : it feels more like we are championing our clients

11:53:27 From Tanif – Bingley, Bradford, West Yorkshire to Everyone : I agree Elizabeth very helpful

11:53:31 From MJFrench to Everyone : Not giving up – keep prodding

11:55:10 From Elizabeth Adaci, Camden to Everyone : Good point Octavia. Actively demonstrate listening – we can do that by referencing in the next question!

11:55:11 From MJFrench to Everyone : it still feels like learning to drive – getting all components together

11:55:13 From Nikki Hutchinson Frome to Everyone : It helps the client identify their qualities and how important they are in helping them to achieve their best hopes.

12:19:52 From MJFrench to Everyone : Guy as FYI what was the question she was referring to ?

12:21:32 From Jo Malseed Wales to Everyone : How would she know she's turned the corner

12:28:58 From Zoe Gisby, Essex to Everyone : Guy, Is it the same process when someone isn't quite there yet like Donna is?

12:56:42 From sharon mortimer to Everyone : it was reassuring I was of a similar mindset in questioning

12:56:44 From Elizabeth Adaci, Camden to Everyone : Maintaining a continuity of thought, taking it forward

12:56:45 From Ann Brennan to Everyone : a good reminder of the need to get specific

12:56:47 From MJFrench to Everyone : Really enjoyed – the concept of us trying to determine next question – challenging to apply framework quickly

12:56:51 From Nick Clarke to Everyone : Donna was able to do most of the talking.

12:56:55 From deb morton Hove to Everyone : Incredible to see how a few simple focused questions can lead a client to think and say so much

12:56:56 From octavia walters Vale hypnotherapy Worcs to Everyone : keeping it simple and short using their language

12:57:12 From Nikki Hutchinson Frome to Everyone : That it is important to ask what difference it has made to the client and getting them to focus on how they did it.

12:57:19 From Jane Fox, Stockport, Manchester to Everyone : I thought it was interesting what you said about being minimal n the questions eg "such as"

12:57:21 From Sharon Dyke – Taunton Somerset to Everyone : using the clients language to move them forward

12:57:22 From Tanif – Bingley, Bradford, West Yorkshire to

Everyone : Keep the questioning simple and allow the client to talk  
12:58:22 From Mariana Babas to Everyone : Everything, from the very questions, to discussing them with a colleague and reflecting on them. And asking the client about the difference that would make in their lives and also to point out their strengths.

13:07:39 From Katrina Wilson, Hertfordshire to Everyone : It was enough to get her thinking

13:08:33 From Guy Shennan, London to Everyone : 2.08 restart

14:10:08 From Guy Shennan, London to Everyone : What were you pleased to notice about yourself this morning?

How would you know you're at your best this afternoon?

15:02:31 From Guy Shennan, London to Everyone : Useful about that?

15:02:30 From deb morton Hove to Everyone : useful to see how long it can take, but you can get there

15:02:36 From Sharon Dyke - Taunton Somerset to Everyone : the detail you were able to invite her to explore

15:02:39 From Katrina Wilson, Hertfordshire to Everyone : It is hard as she went on quite a bit about negative stuff

15:02:42 From Helen Green to Everyone : Just reinforces not to get caught up in the problem but to steer towards solutions

15:02:54 From Mariana Babas to Everyone : Rewording the question

15:02:59 From MJFrench to Everyone : different to see her hopes linked to the "process" of therapy

15:03:05 From Katrina Wilson, Hertfordshire to Everyone : Agree Helen..

15:03:07 From Tanif - Bingley, Bradford, West Yorkshire to Everyone : I liked how you asked the same question in different ways to keep her on track whilst being sensitive

15:03:08 From sharon mortimer to Everyone : rewording for me too

15:03:18 From deb morton Hove to Everyone : making it conversational not just repeating questions

15:03:29 From Nikki Hutchinson Frome to Everyone : It was really important to use her words when re-wording the question.

15:03:30 From octavia walters Vale hypnotherapy Worcs to Everyone : how simple we need to be to resist indulging the back story

15:03:32 From Sally Hare from Bristol to Everyone : 'Keep inviting them' is powerful

15:03:38 From Laura Nickson, Cheshire to Everyone : How you were able repeat the same question in a different way getting her to think more about her hopes.

15:03:54 From Mariana Babas to Everyone : I liked how she became happier and more confident about coming to see the therapist, she was rewarding herself on making a good decision!

15:05:33 From Katrina Wilson, Hertfordshire to Everyone : That was your first session with her Guy?

15:05:47 From Katrina Wilson, Hertfordshire to Everyone : We ask during the IC anyway

15:06:41 From deb morton Hove to Everyone : also, she kept focussing on the process

15:08:43 From deb morton Hove to Everyone : it's strange. I realise none of my clients have mentioned the process at all

15:21:08 From MJFrench to Everyone : Sharon – thanks for sharing reflection

15:21:09 From Ann Brennan to Everyone : I thought that you kept asking the same question in different ways

15:21:30 From sharon mortimer to Everyone : thanks mj

15:21:59 From Elizabeth Adaci, Camden to Everyone : Are all your clients referred by other agencies and are not self funded? How would it be different if the clients were paying £x for several sessions.

15:22:17 From MJFrench to Everyone : Really liked word MAYBE

15:23:06 From Nikki Hutchinson Frome to Everyone : It is so important to have faith in the client and to have a lot of patience.

15:23:44 From deb morton Hove to Everyone : and you did bring her out eventually, in spite of herself!

15:25:49 From Katrina Wilson, Hertfordshire to Everyone : As therapy progresses, a clients outcome can change that's why

16:58:33 From deb morton Hove to Everyone : 7 – plenty learnt, but would need lots of practice

16:58:58 From Katrina Wilson, Hertfordshire to Everyone : I'm the same, about a 7 – need practice

16:59:00 From MJFrench to Everyone : now a 6 was a 5 at start – learnt more today

16:59:03 From Mariana Babas to Everyone : The variety of questions that can be asked. – 8

16:59:08 From Elizabeth Adaci, Camden to Everyone : use of the word 'hope' – can readily embed into practice

16:59:09 From sharon mortimer to Everyone : I need to listen more than worrying about what im saying next

16:59:15 From MJFrench to Everyone : Katrina – me too lots of practice

16:59:17 From octavia walters Vale hypnotherapy Worcs to Everyone : 7 maintain simplicity

16:59:27 From deb morton Hove to Everyone : ;ots of food for thought – can definitely use this to help me with the what's been good part

16:59:39 From Jane Fox, Stockport, Manchester to Everyone : Today has given me the confidence to try and take SF questioning in sessions in a slightly different direction

16:59:44 From MJFrench to Everyone : The use of word MAYBE

17:00:03 From sharon mortimer to Everyone : such as

17:00:07 From Nick Clarke to Everyone : I'm just considering what my hopes for the session were.

17:00:19 From Helen Green to Everyone : A reminder to never give up questioning and looking for little gems that the client is waiting to share!

17:00:23 From Mariana Babas to Everyone : Not to construct the answer in my head before the client finished talking.

17:00:29 From Tanif – Bingley, Bradford, West Yorkshire to Everyone : 7/8 I've learnt it is okay to repeat questions but I need

to be a bit more fluid with that. Love the idea of the minimal questioning.

17:00:42 From Katrina Wilson, Hertfordshire to Everyone : And using the Miracle word later...

17:00:45 From Nick Clarke to Everyone : Great session – many thanks.

17:00:45 From Jo Malseed Wales to Everyone : Going to take a lot of practice

17:01:01 From Ann Brennan to Everyone : not to be afraid of repeating questions

17:01:03 From Mariana Babas to Everyone : Brilliant session! Thank you, Guy!

17:01:03 From Nikki Hutchinson Frome to Everyone : I have learnt a lot about the questioning process. It has really made me think about how to ask the questions. I feel better in really thinking about future orientation for the client and able to handle I don't know questions better. Thank you.

17:01:29 From deb morton Hove to Everyone : More confidence in questioning

17:04:01 From deb morton Hove to Everyone : Thank you guy, and everyone

17:04:05 From Tanif – Bingley, Bradford, West Yorkshire to Everyone : Really enjoyed it thank you Guy