

# 14 Solution-Focused Techniques for Therapy and Coaching

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1 Problem-Free Talk

2 Strength-Based  
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3 Future Perfect

4 Miracle Question

5 Scaling

6 Counter Finding

7 Exception

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8 Coping Questions

9 Reframing  
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10 Externalization

11 Affirming and  
Complementing

12 Feedback

13 Goal Setting

14 EARS



# Best Therapy Techniques

**J Elliott**



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