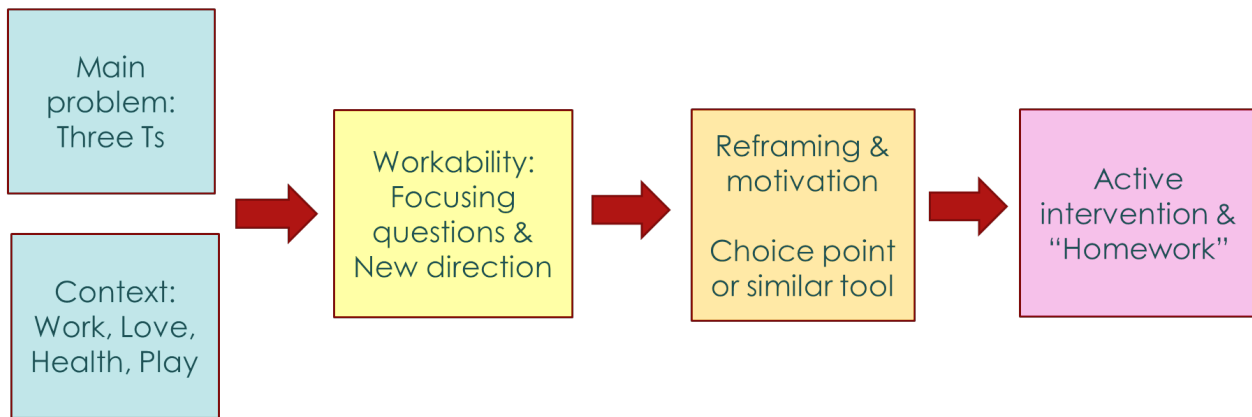


Flow of a FACT session



Flow Of A First Session

- Prelude: warm handover/ referral letter/ intake assessment
- Setup: introduce yourself & establish contract: 2 mins
- Life snapshot: 3-5 mins
- Main problem: 1-3 mins
- Focusing questions: 3-5 mins
- New direction: 1-2 mins
- Reframing, motivation & active intervention: 5-10 mins
- “Homework” & rate session: 1-3 mins

First Session: Setup – 2 mins

- Introduce yourself & establish aims
- Clarify time slot & number of sessions

Hi, my name is ... and I’m a

My role is basically to help people improve their health and wellbeing and overcome obstacles that are getting in the way of life.

The idea here is that we work together as a team. We have about 20 to 25 minutes, and we want to really use that time effectively, to do something practical - like develop a new skill or strategy that you can take away and use.

Sometimes just this one session is enough for people; it gets them moving in the right direction, and that’s all they need. And sometimes people like to come back a few times, to go a bit further with the work. So, we can decide on that at the end. How does that sound to you?

Life Snapshot, 3-5 mins

So I gather that you’ve been having some problems with ABC (*20 second summary of prelude*) ... before we get into that, is it okay if I get a quick snapshot of how you’re going in your life today?

Work, love, health, play questions
 (“Bull’s eye” optional)

- **LOVE:** Where do you live? With whom? For how long? Are things okay there? Do you have good relationships with family & friends? Do you have a good social life?
- **WORK:** Do you work? Study? If yes, what is your work? Do you enjoy it? If no, are you looking for work? If no, how do you support yourself
- **PLAY:** What do you do for fun? For relaxation? For connecting with people in your neighbourhood or community?
- **HEALTH:** Do you use tobacco products, alcohol, illegal drugs? What sort of exercise do you do? Do you eat well? Sleep well?

Main Problem => 3 Ts: Triggers, Timing, Trajectory, 2-3 mins

- **Time:** When did this start? How often does it happen? What happens immediately before / afterwards?
- **Triggers:** Is there anything--a situation or a person or particular feeling or memory --that seems to set it off?
- **Trajectory:** What's this problem been like over time? Have there been times when it was less of a concern? More of a concern?

Focusing questions: 3-5 mins

Workability: Does what you are doing taking you towards or away from the life you want to build/the person you want to be?

What do you want?

15 second summary of the prelude, then: Can you tell me a bit more about this?

Could you complete this sentence for me:

A) I'll know I'm getting better when ...

B) I'll know my life is improving when

...

What have you tried?

I'd like to get a sense of the strategies you've used so far to try to make that happen ...

I gather you've already tried ABC ... anything else?

How has that worked?

So, these strategies work in the short term; how are they working long term?

Is this problem getting better or worse over time?

So these things work short term to meet your needs, but long term they aren't quite giving you what you want?

What has that cost?

You look a bit sad (angry, scared, upset, etc) what's going on? I'm getting the sense this vicious cycle has had some big costs for you. You mentioned ABC already ... are there any others?

Is there any accidental fallout from these strategies? Any long term costs you've noticed?

How has this been playing out in other areas of your life: Work? Health? Friends? Family? Leisure time?

Compassionate summary: So these strategies work short term to meet your needs, but long term they aren't giving you what you want, and there are some significant costs to using them. I can see this is hard for you. You look sad/angry/upset. That's a common reaction; it's painful when we realise that we're caught in this vicious cycle.