



HumanityHub
Where Cultural Inclusion Meets Economic Empowerment

A7.3 Exchange of examples of good practice

Rehabilitation centre for stress and trauma
Split, 22.01.2026.

Social
Innovation 
Initiative



Co-funded by
the European Union



Professional psychosocial support and counselling



- empowering people with fewer opportunities to strengthen their personal capacities, life skills, and self-confidence
- encouraging beneficiaries to identify, plan, and work towards their personal and professional goals and develop more effective ways of coping with life challenges

Integrated and flexible community-based programs

- development and implementation of programs in communities with fewer resources (flexible and tailored to users' real needs)



Integrated and flexible community-based programs

- supporting beneficiaries in:
 - planning their next life steps,
 - improving access to available resources,
 - enhancing social inclusion, and
 - enabling them to better use their potential.

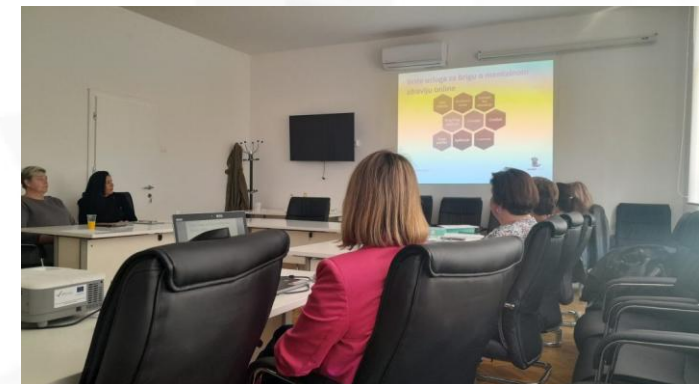


<https://www.facebook.com/DrustveniCentarKostajnica/>



Education and capacity building for professionals and organizations

- providing education and training for professionals and organizations working in the fields of psychosocial support, mental health, and social inclusion
- indirectly improves the quality of support available to beneficiaries



Advocacy and promotion of accessible social services



UNIVERSALLY ACCESSIBLE BASIC
SOCIAL SERVICES



ACCESSIBILITY OF SOCIAL
SERVICES

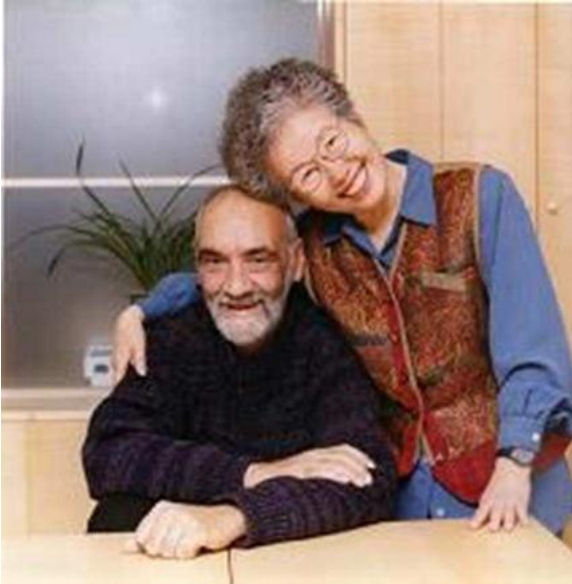
- promotion of human rights and the accessibility of social and psychosocial services
- supporting the development of policies and practices that enable users to have fairer access to resources and opportunities



Solution-Focused and integrative approach

- humanistic and integrative approach
- combining different counselling and psychotherapy methods (e.g. cognitive-behavioural elements, gestalt approach, and creative/art-based techniques)
- Objectives:
 - to help beneficiaries to recognize their strengths,
 - define achievable goals, and
 - develop concrete strategies for achieving desired changes in their personal and professional lives

Solution-focused brief therapy



Spouses Steve de Shazer and Insoo Kim Berg developed SFBT in the 1970s and 1980s at the Brief Family Therapy Center in Milwaukee.

What is solution-focused brief therapy?

Solution-focused brief therapy (SFBT) is a strength-based approach to psychotherapy that focuses on solution-building rather than problem-solving.

The overall goal of solution-focused brief therapy is to guide clients toward arriving at their own solutions for problems. A therapist using this modality emphasizes and amplifies the client's strengths, capabilities, resources, and positive emotions.



SF Techniques

- The therapist uses a variety of techniques and questions to demonstrate their strengths, resources, and desires.

Which Techniques Are Used In Solution-Focused Brief Therapy?



Miracle Question



Scaling Questions



Exceptions

Miracle Questions

Miracle Question



"Imagining an ideal future and connecting it to the present immediately actualizes the work. Clients are challenged to look past their obstacles and hopelessness and focus on the possibilities" (Howes, 2010).

- a technique that therapists use to assist clients to think "outside the square"
- it asks the client to consider life without the problem by setting up a scene where a miracle happens and the problem is gone
- miracle questions help clients open up to future possibilities

Miracle Questions - example



- The exact language may vary, but the basic wording is:

"Suppose that while you are sleeping tonight and the entire house is quiet, a miracle happens. The miracle is that the problem which brought you here is solved. But because you are sleeping, you don't know that the miracle has happened. So, when you wake up tomorrow morning, what might be the small change that will make you say to yourself, 'Wow, something must have happened—the problem is gone!'"

Exception Questions

SFBT Techniques

3. The Exception Finding Question

- ☐ *All problems have exceptions and paying attention to those times when exceptions occur is an important intervening tool*
- ☐ *Encouraged the client to describe what they differently when they are not depressed, anxious, or acting compulsively, etc.*
- ☐ *"What is different when the problem is not occurring?"*
- ☐ *It minimizes the pervasive nature of the issues.*

- allow clients to identify times when things have been different for them
- finding times when the problem wasn't so much of a problem
- by exploring how these exceptions happened, a therapist can empower clients to find a solution

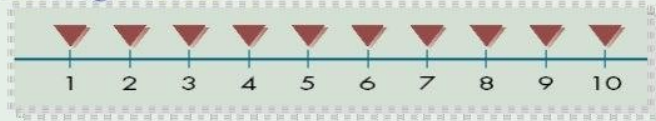
Exception Questions - example

- Examples:
- *"Tell me about times when you felt happiest."*
- *"What was it about that day that made it a better day?"*
- *"Can you think of a time when the problem was not present in your life?"*

Scaling Questions

SFBT Techniques

2. Scaling Questions



- ☐ The therapist asks the Miracle Question's Scale to have the client evaluate his own progress.
- ☐ "From a scale 1-10, where 1 means the initial appointment was arranged and 10 means the day after the miracle, where are things now?"



- invite clients to perceive their problems on a continuum
- a helpful way to track progress toward goals and monitor change

"If 10 indicates that you are extremely anxious and agitated, and 1 is the complete opposite of that, where would you say you are on the scale at the moment?"

Scaling Questions

On a scale between 1 and 10,
how are you doing?



IF YOU ARE BETWEEN
1 AND 5:

What would move you
up a number or two?

What is helping you to cope and
get through these tougher times?

When things are going better,
what will you notice is different?

IF YOU ARE BETWEEN
6 AND 10:

What is helping you
to be here?

What can you do more of
to stay here or move up?

What does being at this
number tell you that you need?

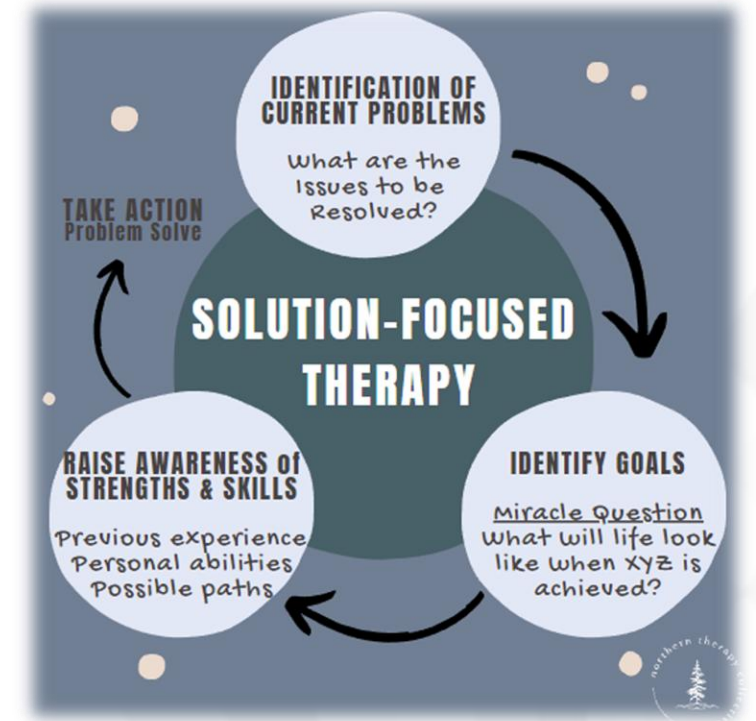
- Questions like these are usually followed with questions related to scaling:
 - asking the client to explain why they chose the number they did
 - why their number is not one lower
 - how they will know they are moving up the scale.

Effectiveness

- SFBT demonstrated significant positive outcomes across different issues, settings, and cultural contexts, with no evidence of harm.
- High confidence in evidence of effectiveness was established for:
 - depression,
 - overall mental health, and
 - progress towards individual goals for the adult population.

Effectiveness

- Research shows that SFBT can effectively:
 - Decrease addiction severity and trauma symptoms
 - Decrease marital issues and marital burnout in women
 - Reduce externalizing behavioral problems,
 - Reduce internalizing behavioral problems, such as depression, anxiety, and self-esteem including conduct disorder, and conflict management



Benefits of SFBT

- The major advantage of SFBT is its brevity.
- SFBT is a form of "brief therapy," typically lasting between 5–8 sessions. Because of this, it is often less costly than other forms of therapy.
- Instead of digging into old wounds, more time is spent focusing on resolutions, which makes SFBT great for people who have a specific goal in mind and just need a little help reaching it.





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RCT
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**CENTRO SVILUPPO
CREATIVO
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**Social
Innovation⁺
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ESF+ Social Innovation +

Initiative aiming at mitigating the societal consequences caused by Russia's war of aggression in Ukraine

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