DESCRIPTION OF THE TREATMENT

Therapies included in the EBTA Outcome Study should be conducted following the solution-therapy model as developed by Steve de Shazer and Insoo Kim Berg (De Shazer, 1988, 1991, 1994; de Shazer and Berg, 1992).

During the sessions, therapists should focus on clients' goals, exceptions, pretreatment changes and, in general, clients' resources. They should do that by asking the Miracle Question, discussing exceptions and pretreatment changes, by using coping questions and scales. Therapists should do this using their clients' language, and at the same time promote descriptions in specific, small, positive (presence of solutions rather than absence of problems; start of something new rather than stopping something) and interactional terms. Therapists should adopt a respectful, non-blaming and cooperative stance, working towards their clients' goals from within their clients' frame of reference.

After some 45 minutes of conversation with their clients, the therapist may take a break. After this break (or, if no break was taken, simply at the end of the sessions) the therapist should compliment the client(s) and is likely to give some suggestions, following the rules described in de Shazer, 1988. Closing the session, the therapist will consult with the client(s) on whether and when to schedule another session.

Therapies to be included in the sample of the EBTA Outcome Study should include all of or most of the features described above, but have to meet at least all of the following minimal requirements:

First session

The therapist...
1. ...asks and follows up on the Miracle Question
2. ...asks and follows up on the Progress Scale Question
3. ...compliments the client(s) at the end of the session.

Second and following sessions

The therapist...
4. ...asks "What is better?" at the beginning of the session and follows up on it.
5. ...asks and follows up on the Progress Scale Question.
6. ...compliments the client(s) at the end of the session.

Therapists will have to adjust to the exact wording and (where applicable) timing of these elements, as described in the following sections of this treatment protocol. Therapies where one or more of these elements are missing in one or more of the session can not be included in the sample.

MINIMAL REQUIREMENTS

1. "The therapists asks and follows-up on the Miracle Question"

   The Miracle Question has to be asked in the following way:

   "I'd like to ask you a strange question...Suppose...that you go home tonight...and go to bed...and fall asleep as usual...and while you are sleeping, a miracle happens...and the miracle is that the problems that brought you in here are gone...and you don't know because you are sleeping... What will you notice different tomorrow...that will tell you that there has been a miracle?"
1.2. Follow up questions serve the purpose of getting a description in specific, small, positive and interactional terms. They should focus on who will be doing what, where, when and with whom, and may be asked both from the clients’ or from somebody else’s perspective, for instance:

- How will that be different?
- What will you be doing instead when you are not...?
- When you stop..... what will you do then?
- When you are feeling...... what will you be doing?
- How will she notice that you are feeling ...?
- Who else will notice your being more...?
- What will they do when you.....?
- What will you do when she...?
- What would be the first sign that he...?

The therapist may also ask "what else...?" (will the client notice, will the father be doing, etc.), how the client (or his wife, her friends...) will do that, or what needs to happen so that the client (his wife, her friends...) can see that happening. For instance:

- How will you do that?
- In what way will that be helpful?
- What needs to happen so that she...?

2. "The therapist asks and follows up on the Progress Scale"

2.1. The Progress Scale has to be asked in the following way:

"On a scale, where 10 stands for the day after the miracle and 0 stands for when the problems that brought you in were at their worst, where would you put yourself right now?"