

**EDUC 705 Fall Internship in School Counseling
Solution-Focused Brief Counseling First Session Rubric**

Student's name: _____ Evaluator's name: _____

Date: _____

Background of Recording: See attached Counseling Self-Evaluation Form

SFBC Skill	Demonstrated	Not Demonstrated
1. Informed Consent/Confidentiality Statement		
2. Opening the session/explaining the SFBC process		
3. Goal question		
4. Changing negative goal to a positive goal (if necessary)		
5. Establishing a positive goal - stated in positive terms as an observable behavioral action		
6. Miracle question (repeat c-f as needed)		
a. What would you be doing differently after this miracle?		
b. What else would be different after the miracle?		
c. Who would notice the change in you?		
d. What would they notice?		
e. How would they respond to you?		
f. How would you then respond to them?		
7. Cheerleading (throughout session)		
8. Identify exceptions (repeat as needed)		
a. Tell me about a time when this miracle (this exception) has already happened, even just a little bit?		
b. Mindmapping. How were <i>you</i> able to make this happen? (Help student take ownership and then cheerlead?)		
9. Scaling – On a scale of 0-10, with 0 being the worst and 10 being the best (with respect to your goal behavior), were would you rate yourself today? (repeat a-b as needed)		
a. How did you get to a ___ today?		
b. When you move up one number higher on the scale, what will you see yourself doing?		
10. Flag the minefield		
11. Message –compliments (3) about current successes, bridge to connect goal and task, task (vague/general actions or observations) student is to carry out.		

Overall Recording (Please Circle One) Not Proficient Proficient Distinguished

Comments: