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so many fake sites. this is the first one which worked! Many thanks

Who invented the solution-focused scaling question?

The client spontaneously replied: "I've almost reached 10 already!"



Steve de Shazer and his colleagues from the Brief Family Therapy Center in Milwaukee (BFTC) began to play with the idea of using numbers to describe one's situation. This started the development of the scaling question used in solution-focused therapy.

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