1. Exaggeration" - a technique that allows you to more fully come into contact with suppressed emotions, supplanted by psychological material. The psychotherapist pays special attention to the patient’s “body language”, noting what the patient does and how to avoid confrontation with actual experiences, feelings, and needs. It is believed that physical, somatic symptoms more accurately convey the feelings of a person than verbal language. Inadvertent movements, gestures, postures of the patient are sometimes signals of important contents. The blocking of awareness can be expressed in shortness of breath, in the sensations of compression of the throat, various muscle contractions, small movements of the fingers. However, these signals remain interrupted, undeveloped, distorted. Noticing such manifestations, the therapist asks the patient to exaggerate some of them, for example, to compress the fingers more strongly, reinforce foot rapping. This task makes it easy

1. The Gestalt notion of closure means that our minds are able to originate meaning from things or figures that are not seeming fully. Closure is the consequence of telling a visual linking among sets of elements that do not actually touch and it is also applies when we incline to perceive complete figures no matter if details are missing
2. The Miracle Question is a goal setting question that is valuable once a client merely does not recognize what a ideal upcoming would look like. With the help of Miracle Question and inquiring to each individual what a better life would look like, the organization realizes maybe for the first time, what others need from each other. The miracle question is a solution-focused psychotherapy technique. If your life feels like an insurmountable bundle of troubles you've been buried under, feel free to try the power of the wonder.
3. The Miracle Question fits seamlessly with this model. Visualization an ideal forthcoming and linking it to the current directly objectifies the work. Clients are confronted to look past their difficulties and desperateness and emphasis on the potentials.
4. The goal of narrative therapy is to create a space for the development of alternative, preferred stories so that a person feels capable of influencing his own life , more of an author of his or her preferred life story and embodies it, attracting and uniting “your” people in a circle of care and support.

**Please answer these questions based on the case study below using the PowerPoints provided.**

11. According to Rogers, an unconditional positive attitude implies a demonstration of a person’s full support and recognition no matter what that person says or does. And this is same in the condition of Steve were his mother is giving him unconditional positive regard.

12.Steve stuck at the stage of awareness.

13. This powerful experiment implies that Steve is sitting in a chair opposite which is an empty chair. Steve represent someone or something in this place that is important to him and / or causes difficulties in his life. This may be related to past events, your present life or future situations, people you just have to meet in this situation his job or employer.

 14.Steve will reply I miracle about his past problems like he was unemployed and frustration that occurred due to non-availability of job. The emphasis is on supporting the customer to continue in life. The past is dealt with according to how it is seen as necessary in the situation. A solution-oriented Psychotherapist can also utilize work methods adopted from other psychotherapies.

15. Through solution-focused therapy, Steve will find the skills to cope with different life challenges. However, in the face of difficult challenges, he cannot assume that a few wonders are enough, but that the work is long-term and requires patience.