

Significant steps in the historical development of Solution Focused Practice (Jonas Wells, July 2019)
Chronology/timeline of SF

YEAR		WHAT HAPPENED (BY WHO etc)	TITLE	WHAT ELSE?
1952	Research grant	Recieved by Gregory Bateson for Cybernetics research		
1954	Article	Milton H Erickson	Special Techniques of Brief Hypnotherapy	Quoted in 1986 Brief Therapy: Focused Solution Development
1956	Article	Gregory Bateson, D Jackson, J Haley and J Weakland	Towards a Theory of Schizophrenia	Interactive perspective on schizophrenia
1958	Founded	Mental Health Institute (MRI)		By Gregory Bateson with John Weakland, Jay Haley, William Fry.
1962	Training	First training programme in brief therapy at MRI		
1963	Book	Jay Haley	Strategies of Psychotherapy	
1966	Founded	Brief Therapy Center at MRI		
1968	Death	Don Jackson, aged 48		
1969		Steve de Shazer opens practice in San Francisco		
1973	Book	Jay Haley	Uncommon Therapy	
1974	Article	Weakland, Fisch, Watzlawick, Bodin	Brief Therapy: Focused Problem Resolution	
1975	Article	Steve de Shazer (SdS)	Brief Therapy: Two's Company	
1977		Insoo and Jim Derks travel to MRI for training		
1977		SdS and Insoo meet and fall in love and marry		
1978		SdS and Insoo move to Milwaukee		They are both working at "Family Service" in Milwaukee
1978	Founded	Brief Family Therapy Center in Milwaukee "MRI of the Midwest"		Living room of SdS/Insoo's house. Started as a research and training-oriented therapy center
1978	Paper	Don Norum	Brief Therapy: The Family Has the Solution	Informal presentation 1978, published in 2000
1978-1979		Terms paradox and paradoxical interventions part of everyday vocabulary at BFTC, also influenced by concept of homeostasis		
1979		Alex Molnar and SdS decides to turn on sound while videotaping session the team was observing in another room. Discussion of what assignment and compliments the two teams might give. Aids understanding of where interventions come from. Leads to task development and FFST		
1979 July	Writing	Insoo Kim Berg	Orbituary for Resistance	Published in Family Therapy News
1981	Magazine	The Underground Railroad		
1982	Client	Family with 23 (or is it 27) problems comes to BFTC		
1982		Epistemological/theoretical shift from "isomorphism" to "fit", from emphasis om resolving problems to emphasis on designing solutions. Leads to focus om interview process, questions and interaction.		
1982	Book	Steve de Shazer	Patterns of Brief Family Therapy: An Ecosystemic Approach	
1982		SdS describes cooperation		
1982	Client	Steve claims Insoo responded to client saying "It would take a miracle..."		
1982 Mid		Research with FFST. Idea of skeleton keys		
1983		Eve Lipchik asks "How will you know when you don't need to come here anymore?" Clearly future focused.		
1984	Article	Steve de Shazer	The Death of Resistance	Rejected 17 times, rewritten six times
1984		Jim Wilks arrived in BFTC "At BFTC the notion that clients already have the resources they need to solve their problem is an important assumption"		
1984	Article	Steve de Shazer & Alex Molnar	Four Useful Interventions in Brief Family Therapy	
1985		Coding system emerged		
1985	Book	Steve de Shazer	Keys to Solutions in Brief Therapy	
Early 1985 (or late 1984)		Miracle question developed technically. Steve asked "If a miracle question happened over night, and you woke up in the morning how would you know?" Wilks talk with SdS helped to develop it as a new intervention		
1986	Article	SdS, Insoo, Eve Lipchik, Elom Nunnally, Alex Molnar, W Gi	Brief Therapy: Focused Solution Development	
1986		The scaling question (in book chapter "An indirect approach to brief therapy")		
1986	Article	Steve de Shazer	Minimal Elegance	
1986-1987		Question "What's better?"		
1987	Article	Exceptions. Article by SdS & Alex Molnar		
1987	Article	On pre-Session change by Weiner-Davis, SdS, Gingerich	Building on Pretreatment Change	
1988		Miracle Question central for SF		
1988	Book	Steve de Shazer	Clues: Investigating Solutions in Brief Therapy	
1988		Coping questions and "listen with an constructive ear" developed by Eve Lipchik		
1989	Client	"The Nymphomania Case"		
1991	Book	Steve de Shazer	Putting Difference to Work	
1992	Article	Harlene Anderson and Harry Goolishian	On attitude of not-knowing	
1992	Book	Insoo Kim Berg & Scott Miller	Working With the Problem Drinker	
1993	Founded	EBTA		European Brief Therapy Association
1994	Article	Cantwell and Holmes	On leading from behind	
1994	Book	Insoo Kim Berg	Family-Based Services: A Solution-Focused Approach	
1994	Book	Steve de Shazer	Words Were Originally Magic	
1994		BFTC effectively disbanded; SdS and Insoo are full time ambassadors of SF - travels, trainings and conferences		
1995	Mail list	SFT-L Mailing list set up by Harry Korman		
1995	Death	John H. Weakland, aged 76		
1997	Article	Steve de Shazer	Radical Acceptance	
1997	Book	Insoo Kim Berg & Peter de Jong	Interviewing For Solutions	
1998	Article	Gale Miller & Steve de Shazer	"Have You Heard the Rumour...?"	
2001	Book	Insoo Kim Berg & Yvonne Dolan	Tales of Solutions: A Collection of Hope-Inspiring Stories	
2002	Founded	SOL World (Solutions in Organisations Link-up)		
2002	Founded	SFBTA		Solution Focused Brief Therapy Association (North America)
2002	Book	Eve Lipchik	Beyond Technique	
2002	Book	Paul Z. Jackson & Mark McKergow	The Solutions Focus	
2005	Death	Steve de Shazer, aged 65		
2005	Book	Insoo Kim Berg & Peter Szabó	Brief Coaching For Lasting Solutions	
2007	Death	Insoo Kim Berg, aged 72		
2007	Book	SdS, Y Dolan, H Korman, Insoo, E McCollum, T Trepper	More Than Miracles	
2009	Article	Mark McKergow & Harry Korman	Inbetween - Neither Inside Nor Outside: The Radical Simplicity of Solution-Focused Brief Therapy	
2009	Journal	First issue of InterAction - The Journal of Solution Focus in Organisations (by SFCT, now SFIO)		
2012	Articles	Microanalysis of how SF and therapy works get published (series of articles)		By Janet Beavin Bavelas, Peter de Jong, Harry Korman and Sara Smock Jordan
2013	Founded	AASFBT		
2014	Journal	First issue of The Journal of Solution-Focused Brief Therapy (by AASFBT)		
2017	Conference	First World Conference in Frankfurt (co-organised by several national and international SF organisations)		
2018	Podcast	Simply Focus by Elfie Czerny & Dominic Godat		
2018		The beginnings of the Solution-Focused Collective Manifesto, talked about in Liverpool (UKASFP), then Sofia (EBTA) and Boulder (SFBTA)		
2019		SF World Day celebrated on 3rd of May		
2019		The Solution-Focused Collective Manifesto launched in Bath (UKASFP conference)		