

May, 3rd, 2022

Today, how symbolic in Poland, how symbolic for what we call "SF Approach"! Because our modality places so much importance on context, it is so obvious to experience current life in the context of the war waged by the Russian Federation against Ukraine! Therefore, the first question that comes to my mind today is the question of freedom, its limits, often related to the right to freedom of the others, and the price that is worth, that has to be paid for that right to be able to be guided.

First about Poland in conjunction with SF...

First of all, today we celebrate the Constitution of the Third of May passed in 1791 - the first in Europe, the second in the world after the Constitution of the United States. We still feel pride today, but we ourselves know that it came too late and Poland disappeared from world maps for many, many decades! We know that in addition to the influence of "the world" we ourselves, as a nation, by our choices, created this situation! Now, the drama of war is taking place behind the Polish borders, whose presence "just beyond the fence" brings to many of us questions about what is important, where are we going? I hope that also questions about what is worth giving your life for! Also about what each of us wants to be guided by for the rest of the life we have left? We tend to say "client is the expert" ...are the nations too? You know that I avoid this formulation, that I am more willing to speak in less ideological language using the alternative formulation "client owns life"... in an obvious way, sometimes nations do too! The right to self-determination, the right to autonomy, the right to make our own "free" choices is embedded in our identity! If we take the right to self-determination as a kind of certainty in all this variability and subjectivity, the question arises about what right to self-determination we have within SF. To what extent do each of us feel ownership of our SF?

Secondly, traditionally for a part of our society today is a holiday connected with faith - the Blessed Virgin Mary, Queen of Poland! Every group, every nation seeks and establishes its values, with which it tries to create a common denominator for social functioning. One of the important sources of resources is the world of values of the client... the nation too? Our nation, our society for many years has been going through a process of redefinition of what is important, what is fundamental, what can be for us, living within common borders, something that can unite us and support us in seeing the other person as a human being. Since finding oneself in diversity is a major challenge for the human psyche, how do the processes of defining what is important take place in our SF environment? What is the foundation of seeing human beings within our modality? What is the foundation and background of seeing the approach itself around which we can build a sense of unity and community, and which at the same time allows us to respect diversity and the right to personal and group search for our own answers to seemingly long-answered questions?

Third, our "SF world day" today!

What does it mean for us to celebrate this day as "SF world day"?

How do we understand SF? How do we understand ourselves as an environment within SF? How does each of us understand ourselves as a person within SF, and also, as a professional within SF?

Our modality was created within the field of psychological helping. Its principles, assumptions, and courses of action were created in the context of therapy, and its first name Solution Focused Brief Therapy only confirmed this. Many times I myself have participated in, and observed more or less successful attempts to translate SF principles, into something much broader, into life. With an awareness of the war in Ukraine, with an awareness of over 20 years of using SF in the context of psychological help, I am still searching for a sufficiently useful answer as to whether and what the translation of these principles into life should consist of. In the context of lived assumptions, SF ideas may have different (non-) utility and different applications than we experience in the context of psychological help.

All the Good you need!  
Perhaps only partially wanted!

Tomasz Salvador

Warsaw, May, 3<sup>rd</sup>, 2022, World SF Day.

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