

PMFG Problem Solving Session
 Tips for Setting up the board
 Problem solving section

Problem Definition: **What can John (consumer-family member) do** about (about, with, to cope with, in response to-this word/phrase is the “operator”) **his** (his, her, their, our,-Pronoun) **fear of having a drug relapse** (this is a description of the problem and/or description of the emotional response to the “problem”).

	Solutions	Pros and cons
1		++++ - - -
2		+++++ - -
3		++ - -
4		
6		
7		
8		
9		

10 (You can manage the group’s time by reducing or adding to the total number of solutions you generate. If things are going smoothly and you have lots of time, add some solutions. Pressed for time because of a long go-round, tell the group you will brainstorm for fewer (quality) solutions. If pressed for time later in the group, run through only two or three of the Pros and Cons for each brainstorming solution.

Unless otherwise indicated, it is good to begin the problem definition with, the action words “what can Myron do”. Making a numbered list helps to focus people and leaders on generating solutions. This also becomes the group record of problem-solutions-and rating of the pros and cons. The consumer takes this sheet home with the action plan included in the bottom section. (Complete sheet to follow) The action is a complete separate section led by the leaders wherein they work with the client to identify what they choose to do (or not do) and the steps they might take to accomplish this by next meeting. This is: What will you do? When might you do it? Will you need help, and if you do need help, who will help you and when?