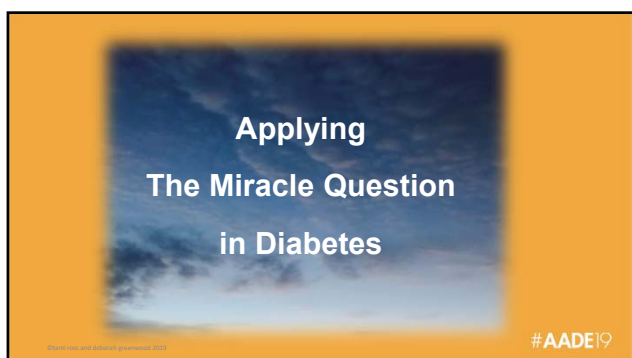
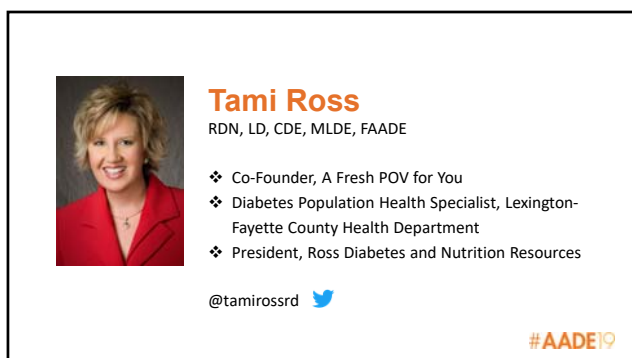



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4

Disclosure to Participants

- Notice of Requirements For Successful Completion
 - Please refer to learning goals and objectives
 - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Conflict of Interest (COI) and Financial Relationship Disclosures:
 - Tami Ross, RD, LD, CDE, MLDE, FADE: No COI to declare.
 - Deborah Greenwood, PhD, RN, CDE, BC-ADM, No COI to declare. Financial Relationships: Consultant: Mytonomy, Lifescan Diabetes Institute; Advisory Board: Novo Nordisk
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5



6

Learning Objectives

At the conclusion of this session participants will be able to:

1. Implement "The Miracle Question" step-by-step solution-focused approach in practice.
2. Guide clients in using exceptions to help attain a personal action plan and goals.
3. Help clients strengthen resilience, confidence to manage diabetes and create a future vision.

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7

"Traditional" Counseling Approach	Solution-Focused Approach
Problem focused	Solution-focused
Identify what's "wrong"	Identify what's working/going well
Identify what's lacking	Identify how to do more of what's working
Focus on past	Focus on present and future
Language "judgmental"	Language encouraging and positive
	Focus on what is possible



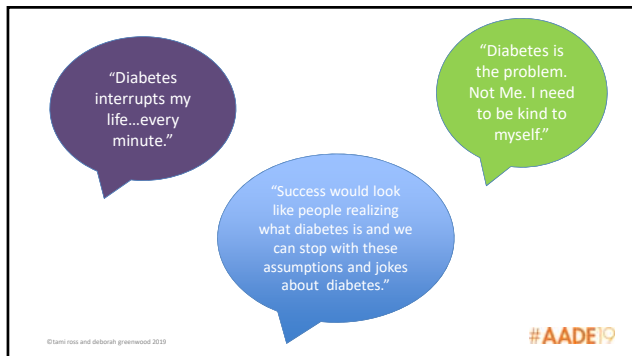
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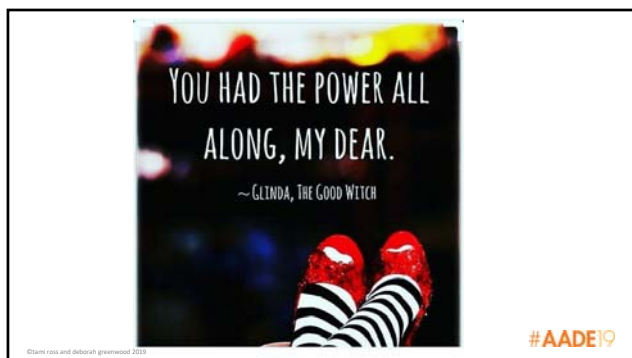
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10



11



12

**APPLYING THE 5-STEP
MIRACLE QUESTION
PROCESS IN DIABETES**

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14

Step 1—Introduce and answer the Miracle Question (MQ)

The Miracle Question
“Suppose tonight while you sleep, a miracle happens. When you awake tomorrow morning, what will you see yourself doing, thinking or believing about yourself that will tell you a miracle has happened in your life?”

The Miracle Question Applied to Diabetes
“If you could fast-forward to a time where you feel satisfied with your diabetes management, what will be different in your life that will let you know things are better?”

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15

Step 2 – Define and identify the “Miracle Goal”

- Allows for possibility-oriented thinking
- How will you feel when the miracle occurs?
- What will the miracle do for you? (Miracle Actions)

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18

Step 3 – Recognize and describe “exceptions”



All problems have exceptions. Exceptions are those times when the presenting problem could have happened but somehow it did not. Looking for these exceptions is critical to building further solutions.

Insoo Kim Berg & Therese Steiner #AADE19

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19

Step 3 – Recognize and describe “exceptions”

It's a transformation in focus...

- Identify areas where you've already had some success
- Don't do anything new

Guiding questions to help elicit exceptions:

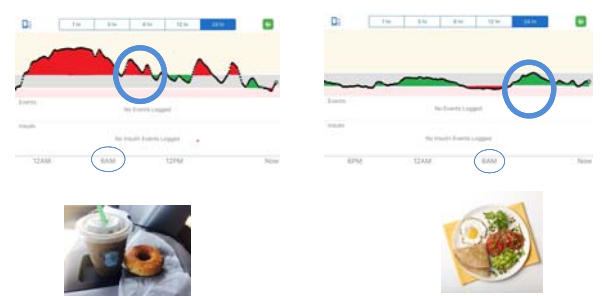
- Are there times when this has been less of a problem?
- What is different about the times when this was less of a problem?
- What did you (or others) do that was helpful?
- What's gone better for you today or over the past week?
- What thoughts kept you on track?
- At a time when you feel more optimistic and satisfied, what will you be doing more of or more often?

Encourage clients to end every day with a focus on exceptions: What worked well today?

Focus on solutions and not problems. #AADE19

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21

Step 4 – Develop an Action Plan for Change

Focus on what will be different instead of what will NOT happen anymore:

- What is **desired** instead of what is NOT wanted.
- What **strengths** do you have/use to help you manage your diabetes every day?
- How will **positive thinking and action** affect your life?

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The image shows two side-by-side screenshots of a mobile application. The left screenshot displays a glucose level graph with a red area above the baseline and a green area below. Below the graph, it says 'Events: No Events Logged' and 'Insulin: No Insulin Events Logged'. The right screenshot shows a similar graph with a green area above the baseline and a red area below. Below the graph, it says 'Events: No Events Logged' and 'Insulin: No Insulin Events Logged'. At the bottom of each screenshot is a small photograph: the left one shows a person relaxing in a hammock outdoors, and the right one shows a person running on a treadmill in a gym.

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Step 4 – Develop an Action Plan for Change

Scaling progress

- On a scale of 1-10 with 1 being the least and 10 being the most, how would you assess your achievement towards this solution?
- If your number was above 1, how were you able to achieve that?
- On the same scale, where would you like to be in a week?



Acknowledge and assess the impact on others in your life

- What will you need from them?
- What will they need from you?

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Step 5 —Recognize what worked to accomplish change

What would success look like to you?

- Perceive yourself as a person who is resilient and can confidently manage diabetes.
- Recognize abilities, possibilities and create a future vision



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Implications for practice

- Identify clients who may benefit from the Miracle Question
- Apply in individual and group settings

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No one can go back and make a brand new start my friend, but anyone can start from here and make a new end. – Anonymous

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27

Solution-Focused Resources

1. Metcalf, L (2006) The Miracle Question: Answer it and change your life. Crown House Publishing.
2. Lutz, A (2014) Learning Solution-Focused Therapy: An illustrated guide. American Psychiatric Publishing.
3. Institute for Solution Focused Therapy. <https://solutionfocused.net/>
4. Greenwood DA, Ross TA, and Reifsnider E. (2019) Perceptions of life with diabetes revealed through a solution-focused brief therapy exercise via Twitter, EASD 55th Annual Meeting, Barcelona, Spain <https://www.abstractsonline.com/pp8/#!/7895/presentation/1429>
5. A Fresh POV for You! <https://afreshpovforyou.com>

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30
