

Solution focused brief therapy

Course Code: 1621/29/34

“Getting your head above the crowd.”

Solution focused brief therapy

Solution-focused brief therapy (SFBT) is a talk therapy that highlights desired outcomes in the present and future, rather than focusing on the symptoms or issues of the past. SFBT was developed in the 1980s at the Brief Family Therapy Centre in Milwaukee by Steve de Shazer, Insoo Kim Berg and their team, originally focusing on the inconsistencies of problem behaviour. The team found that focusing on exceptions rather than the problem situation seemed to make their work with families more effective. It also seemed to make the therapy faster so it is 'brief by outcome, not design'.

Solution-focused brief therapy encourages the client to imagine their future as they want it to be and then collaborates with them to create manageable steps to achieve that goal. The therapist reviews elements of the client's life that they wish to alter and also those elements that they want to leave unchanged – what is important is that the client holds a clear picture in their mind of the future they are working towards. The therapist then guides the client in finding specific moments in their life in which they felt similar to what they may experience in their desired future. Correlating the two visions, or experiences, allows the client to identify which actions they took in the past to achieve a similar outcome in the future. This form of therapy involves exploring and reviewing the client's vision, and determining what skills, resources and abilities the client will develop and use to attain his or her desired outcome. Some key ideas of solution-focused brief therapy include:

- Work with the person not the problem
- Look for resources not deficits
- Explore possible and preferred futures
- Explore what is already contributing to those preferred futures
- Treat people as experts in all aspects of their lives

Course Code:

1621

1629

1634

Tutor:

Dr. Tina Rae

Date:

06.12.2016

02.03.2017

06.06.2017

Time:

09.30 - 15.30

Cost:

£85.00 pp

Venue:

06.12.2016

Angel Centre

Angel Lane

Tonbridge

02.03.2017

Holiday Inn

Canterbury Rd

Ashford

06.06.2017

Holiday Inn

Abbotts Lane

Eight Ash Green

Solution focused brief therapy

These approaches can be extremely useful when working with young people, in terms of developing their sense of personal agency and responsibility. Though school-based staff members who are not clinically trained will not be engaging in any traditional therapeutic approach, the strategies outlined here will prove extremely useful in one-to-one mentoring sessions – particularly when students have identified any personal problems or behaviours that they wish to change – in order to access the curriculum and social contexts in a more positive and effective manner.

This one day course will introduce the key elements to the approach and enable participants to use these in their practice. It will be an interactive day with opportunities to use the tools and ultimately run a solution focused interview with a child or young person.

When & Where

Course Code: 1621

Date: 6th December 2016

Time: 9.30 - 15.30

**Angel Centre, Angel Lane,
Tonbridge**

Course Code: 1629

Date: 2nd March 2017

Time: 9.30 - 15.30

**Holiday Inn, Canterbury Rd,
Ashford**

Course Code: 1634

Date: 6th June 2017

Time: 9.30 - 15.30

**Holiday Inn, Abbots Lane,
Eight Ash Green**

Course Code:

1621

1629

1634

Tutor:

Dr. Tina Rae

Date:

06.12.2016

02.03.2017

06.06.2017

Time:

09.30 - 15.30

Cost:

£85.00 pp

Venue:

06.12.2016

Angel Centre

Angel Lane

Tonbridge

02.03.2017

Holiday Inn

Canterbury Rd

Ashford

06.06.2017

Holiday Inn

Abbots Lane

Eight Ash Green

Cost: £85.00 per person

For further details please contact:

Nicki Jennings

Tel: 0781 3323980

Email: nicki.jennings@giraffe-training.co.uk

Web: www.giraffe-training.co.uk

“Getting your head above the crowd.”