

## Aims of Course

This course will provide a thorough introduction to the principles and practices of the Solution Focused approach including:

- The development of the approach
- The theoretical underpinnings
- The therapeutic process
- A full set of adaptable skills.

The course will be sufficiently practical for each participant to be able to begin using Solution Focused skills when they return to work. It will also provide a basis for continued self-directed learning in the use and application of the model.

## For whom

Participants typically come from across the fields of Health, Welfare and Education with many counsellors and therapists attending, as well as Speech and Language therapists, Social Workers, Educational and Clinical Psychologists, Occupational Therapists, Teachers, Family support workers, youth offending workers, drug and alcohol professionals and many more. The course covers work with children, adolescents and adults, couple and family work and all the ideas are adaptable to group work.

## Solution Focused Practice

More front-line professionals are using Solution Focus as the approach of choice than any other therapeutic model. Its strength-base and future-focus make it ideal for situations requiring rapid engagement and cooperation. By concentrating on a preferred future rather than a problematic past and by focusing on resources rather than deficits the Solution Focused approach has proved as effective as any other model, whilst excelling in relation to brevity, engagement, and its capacity to protect workers against burn-out.

## Course methods

The Solution Focused approach can only really be learned through practice and the teaching methods reflects this. Courses have a large element of carefully framed practical skills-development exercises all designed to be directly relevant to the task of doing and supervising direct work with clients. Most of the work is done in pairs, threes, and small groups. The approach will also be demonstrated either through the use of examples taken from recorded sessions with service-users or through live demonstration with volunteer group members.

## Course content

Course content Each course is a unique event and the programme will be inevitably adapted to each group. However typically courses cover:

- An overview of Solution Focused Brief Therapy.
- Solution focused Listening
- Creating motivation
- Developing an inclusive contract
- Detailing the preferred future
- Drawing out instances and exceptions
- Strategy and identity questions
- Using lists
- Eliciting competence and resource

- Using scale questions
- Highlighting progress
- Finishing solution focused conversations
- Putting it all together
- Follow-up sessions

The 4-day programme will allow for the viewing of a whole session, practicing a whole session, time for discussion of participants' work applications, with space to consider 'difficult' responses. This four-day programme provides ample opportunity to begin to embed Solution Focused skills into the everyday work of participants. It has been the starting point for many of the leading brief therapists in Britain.

## Course materials

Each participant will be sent in pdf form a detailed, practical, 36 page Manual supporting the course programme and every participant will also have access to any other written material used.

## Pre-course preparation

A brief article summarizing Solution Focused Brief Therapy can be found at

<https://www.brief.org.uk/assets/documents/the-solution-focused-approach-an-overview-09-12.pdf>

You can find out more about the Solution Focused approach prior to undertaking this course at:

BRIEF website where there is a lot of material: [www.brief.org.uk](http://www.brief.org.uk)

BRIEF Facebook page – again content rich: <https://www.facebook.com/BRIEF.SolutionFocus/>

BRIEF Twitter feed – daily reminder: <https://twitter.com/briefsolutions>

YouTube page: <https://www.youtube.com/user/BRIEFPresentations>

UKASFP national association: <https://ukasfp.org/default.aspx>

European Brief Therapy Association: <http://www.ebta.eu/> (Good list of research studies)