



SOLUTION FOCUSED BRIEF THERAPY

(2 day course)

Trainer: Andy Perkins, Director of Training & Development

Max. participants: 16

Suited to: Workers and Managers in Health and Social Care settings who are looking for creative new ways of working with clients, particularly those who are resistant to change.

Course Content

This course aims to enhance current basic knowledge and experience of Solution Focused Brief Therapy. This course will equip participants with a sound understanding of the nature and practice skills of SFBT, on which they can build further skills, and develop competent practice. The course has been developed to give participants as many opportunities as possible to practice the core elements of SFBT – including meeting the person, identifying the resources, defining a preferred future, eliciting what is already working, evaluating progress with scales, giving constructive feedback, offering suggestions and highlighting change. This will involve skills rehearsal, observation of practice and constructive feedback. This will be done in a “safe” environment and will be carefully managed by the trainer to ensure maximum involvement and learning for all participants.

Learning Objectives

On completion of this course participants will be able to:

- Recognise the key elements and interventions used in Solution Focused Brief Therapy.
- Improve interventions with clients who are resistant to changing risk behaviour.
- Integrate knowledge within an appropriate practice setting and have the confidence to attempt using Solution Focused approaches.

The course uses a variety of active learning methods and is intended to develop the practice skills and confidence of those participating.