



## Solution Focused Brief Therapy (SFBT) in an integrated practice.

**Introductory training with basic theory and skills training for clinical use.**

On this one-day workshop, participants will have exposure to a very brief historical roots of Solution Focused Brief Therapy (SFBT) and the key pioneers, followed by theoretical foundations and how it differs from other therapies: present and goal focused, and on the person, not the problem etc. There are definite advantages to SFBT, especially when sessions are limited and these will be presented and discussed along with some of the disadvantages of SFBT.

Problems are not a focus in SFBT, but rather a guide to goal-clarification and goal-setting. We will then look at the role of the therapist and how it differs from other therapies.

By the end of the workshop, participants will be familiar with the theoretical model and be able to successfully utilise SFBT interventions in their own style of counselling/therapy or as a stand-alone SFBT model.

The main focus will be the practical application of the theory and interventions to a therapeutic situation. Participants will be introduced to the major techniques of SFBT: How to conduct the first session; Clarifying and Setting Goals, the Miracle Question, Scaling, Coping and Exceptions.

The workshop is organised so that participants will build on the previously- learned techniques. Each attendee will have multiple opportunities to be both therapist and client. In addition to the major techniques, attendees will learn how to build on the client's strengths and successes to enhance outcomes and achieve goals.

The above interventions that you will have learned are very applicable to work with couples and families, or sub-family units such as parent and adolescent and can be readily absorbed into a couples/family therapy practice. Ari will demonstrate how they can be applied in role-plays, and if time permits, participants will also have the opportunity.

### Learning objectives of this training:

1. Become familiar with the core concepts of Solution Focused Therapy (SFBT.)
2. Be able to conceptualise problems using SFBT model.
3. Distinguish the therapeutic goals in SFBT.
4. Identify the Therapists role in SFBT.
5. Understand SFBT interventions and their application in therapy.



**Ari Badaines, Ph.D.** is a clinical psychologist who trained in the United States. He received a post-doctoral National Institute of Mental Health fellowship in Washington, DC. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia including ACU and ACAP in Sydney. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

### **Morning Session**

History and key pioneers of SFBT; Theoretical Framework and core concepts; How SFBT differs from other therapies; Role of the therapist in SFBT.

Discussion and demonstration of each of the following techniques, followed by participants' application through role plays: Clarifying and Setting Goals; Use of the Miracle Question and variations of the Miracle Question. The meaning of 'Resistance' in SFBT and its management.

### **Afternoon Session**

Introduction to Scaling, Exceptions, and Homework and their application to SFBT. Demonstration and questions. Participants will conduct simulated sessions using all the concepts and key interventions of SFBT. Application of SFBT to couple and family therapy. The training will end with opportunity for questions and concerns. Evaluation and closing.

***“By attending this workshop, you will add a whole range of interventions to your repertoire that will enhance the effectiveness of your therapy, especially, but not exclusively to session-limited therapies. Many of the techniques are easy to learn and apply, and by attending, you are likely to feel confident not just in applying them, but comfortable with their effectiveness, and with a greater understanding of the methodology and thinking behind SFBT.”***

Dr Ari Badaines

### **How will you benefit from attending this training?**

- Acquire a strong understanding of SFBT, its key concepts and how it differs from other therapies.
- Become cognizant of the major techniques and be confident in their application and effectiveness by having the opportunity to be both a SFBT client and therapist in role-plays of real problems.
- Be aware of how these techniques may be applied to couple and family therapy.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

### **Feedback form Ari's recent presentations of this training:**

*“This was an excellent workshop – accessible enjoyable. Can't wait to use this with my clients.”*

*“A very engaging and beneficial workshop - thank you Ari!”*

*“Great! Relevant! Applicable! Enjoyable! Thank you!”*

*“I thoroughly enjoyed this workshop and see so many uses for this approach with my clients. The practical sessions were especially valuable.”*

*“I really appreciated the way Ari engaged the entire group in a respectful way. He made learning enjoyable and highly interactive. I finished today feeling very enthused about integrating these skills into my work with clients.”*

*“This was fun and made learning the skills so easy – more from Ari please!”*