



# Introduction to Solution Focused Brief Therapy (Part 1)

## 4 - 7 September 2023

### Introduction

Introduction to Solution Focused Brief Therapy (Part 1), will provide a solid foundation in understanding the mindset and philosophy of this approach. Participants will learn a pragmatic and powerful process to engage clients in a variety of settings. Learning the solution building process will enable participants to define and refine the client's sense of 'success' and engagement in the process by using a variety of powerful tools, thus enhancing the client's sense of self-efficacy. This workshop will include discussions, case studies, video clips, live demonstrations and practical application of solutions building for participants to hone their solution focused therapy skills.

### Course Objectives

- Learn a therapeutic approach that is pragmatic, collaborative and respectful
- Learn to use an elegant set of therapeutic tools with powerful questions that facilitates client's sense of self-efficacy and empowerment
- Learn how to do a first session process using solution focused brief therapy
- Enhance confidence and competence in how to engage meaningfully with clients
- Become more effective and efficient in how you work with clients, leading to less burnout and stress

### Course Outline

- History, development and mindset of SFBT
- Problem Focused and Solution Focused Exercise
- Exploration of Key Assumptions in SFBT
- Solution Building: Step by step – Demo and Practice
  - Stage 1: Building rapport and collaboration
  - Stage 2: Goal Formulation
  - Stage 3: SF Tools - Miracle Question
- Solution Building: Step by step
  - Stage 3: SF Tools – Scaling, Relationship Questions, Exceptions, Compliments
  - Stage 4: Wrapping up
- Video for first session
- Putting it all together - Demo and Practice
- Wrap up

### Target Audience

Healthcare Professionals

### Course Details

Date	: 4 to 7 September 2023
Duration	: 4 half days
Time	: 9.30 am – 12.30 pm
Device	: Laptop/ Desktop required
Platform	: Zoom Cloud Meetings
Fee	: S\$ 650 (SingHealth) S\$ 720 (Regular) (the prevailing GST applies)

### Teaching Faculty

Debbie Hogan has a BS in Psychology and an MS in Counselling. In private practice she works with adults, children and families. Debbie was trained by Insoo Kim Berg and Steve de Shazer, the developers of SFBT. She is a Certified SF Therapist, Master SF Practitioner, Supervisor and Examiner for the SF certifications. She is a Clinical Member and Supervisor of the Singapore Association for Counselling. Debbie has been involved in several research projects and contributed to several books, including, *The Art of Solution Focused Therapy*, co-editor of *Solution Focused Practice in Asia* and co-editor of *Solution Focused Practice Around The World*.

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **27 July 2023, Thursday**.



<https://www.form.gov.sg/642a3f3ada710f00123637a5>

Upon registration, you agree to the following [Terms & Conditions](#).

*This course will be conducted via Zoom Cloud Meetings app. For ease of accessing the course, please **download the Zoom Cloud Meetings app**. Details of the meeting link will be sent to successful registrants nearer the course date.*

### Quick Links

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)