

# Introduction to Solution Focused Brief Therapy

## 12 – 13 Sept 2019, follow up on 18 Oct 2019

### Introduction

This 2-day course will include a brief history and overview of the solution focused approach, the philosophy and mindset as well as the basic framework for the first and subsequent session interview process. The key solution building tools will be taught and the key questioning techniques. There will be ample opportunities to practice and apply these skills to develop competence in the application of solution focused practice within healthcare institutions. On-going Peer Supervision is encouraged to develop their skills.

### Course Objectives

This course aims to enable participants to:

- acquire knowledge of the core skills, mind-set and philosophy of Solution Focused Brief Therapy (SFBT)
- appreciate the relevance of SFBT to their clinical practice (specifically within the healthcare setting)
- practice application of the solution focused model structure during the course

### Course Outline

#### Day 1:

- Overview of history, development, philosophy & mindset of SFBT
- Basic framework for first session protocol
- Key questioning techniques
- Stages of Solution Building

#### Day 2:

- Review of Day 1 & process
- Basic framework for second & subsequent session protocol
- Applying EARS process
- Dealing with client setbacks, relapses & challenging situations
- Final review of SF process

#### Follow-Up session:

- Brief review
- Practice sets
- Case presentations
- Reflecting Team Format

Sharing of participants' experiences in using the skills learnt, focusing on developing competence and confidence in using this approach.

### Course Details

Date	: 12 - 13 September 2019 and 18 October 2019
Duration	: 2 days and 3 hour post-course follow-up
Time	: 9.00 am - 5.00 pm (12 – 13 Sept) 9.00 am - 12.00 pm (18 Oct)
Venue	: Academia
Fee	: S\$ 660 per pax (SingHealth) (incl of 7% GST) S\$ 735 per pax (Regular)

### Target Audience

Healthcare Professionals

### Teaching Faculty



**Debbie Hogan**  
Psychotherapist, Coach, Trainer  
Singapore, USA

BS in Psychology and an MS in Counselling, Advanced Certificate in Ericksonian Psychotherapy and Hypnotherapy. Board Certified, American Psychotherapy Association, Master Clinical Member, Singapore Association for Counselling. Certified Solution Focused Therapist (CCPC) and Master Solution Focused Practitioner (IASTI). Debbie has over 25 years experience in the mental health field.

### Registration

Ms Amelia Lim

Email: amelia.lim.j.t@sgh.com.sg



### Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)



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Submit your registration form to Ms Amelia Lim at [amelia.lim.j.t@sgh.com.sg](mailto:amelia.lim.j.t@sgh.com.sg) by **16 August 2019!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

## PARTICIPANT'S PARTICULARS

Name (to be reflected on cert):

Contact no.:

Email:

Profession:

AHP (please indicate): \_\_\_\_\_  Doctor  Nurse  Others: \_\_\_\_\_

Department:

Organisation:

PRN/ MCR/ Nursing no. (if applicable):

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **16 August 2019**. There will be no refund of course fee for cancellation on or after **16 August 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

- For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Ms Amelia Lim, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.
- For **invoice to organisation**, please complete the below billing details:

## BILLING DETAILS

Bill to:

Billing address:

Attention invoice to (name & department):

Email of addressee:

Contact no. of addressee:

- I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.