

# Introduction to Solution Focused Brief Therapy

## 15-16, 22-23 Oct 2020 | Follow-up Coaching on 2 Nov 2020

### Introduction

This 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 and the key questioning techniques will be taught. There will be ample opportunities to practise 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 participants' 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)
- Develop competence through practical applications of the solution focused model during the course

### Target Audience

Healthcare Professionals

### Course Outline

- Overview of history, development, philosophy & mindset of SFBT
- Basic framework for first session, second session and subsequent session protocol
- Key questioning techniques
- Stages of Solution Building
- Applying EARS process
- Dealing with client setbacks, relapses & challenging situations
- Final review of SF process
- Sharing of participants' experiences in using the skills learnt, focusing on developing competence and confidence in using this approach
- Follow-up coaching including brief review, practice sets, case presentations and reflecting team format

### Course Details

Date	: 15-16 Oct, 22-23 Oct & 2 Nov 2020
Duration	: 15 hours over 5 sessions (including follow-up coaching)
Time	: 9.30 am - 12.30 pm
Training Mode	: E-learning
Platform	: Zoom Cloud Meetings (Details of the zoom session links will be sent nearer the session dates.)
Fee per pax	: S\$ 430 (SingHealth) (incl of 7% GST) S\$ 480 (Regular)
	With VCF Funding*: S\$ 336 (Singaporean/PR) S\$ 432 (WP/EP/S Pass Holder)

\*For NCSS member agencies and MSF-funded agencies only. **Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.**

### Teaching Faculty



**Debbie Hogan**  
BS, MS, CSFT, PCC  
Psychotherapist, Coach & Trainer  
Singapore, USA

Debbie has over 25 years of experience in the mental health field and is currently in private practice. She specialises in Solution Focused Brief Therapy (SFBT) and was trained by the developers, Insoo Kim Berg and Steve de Shazer. Debbie runs professional certification programmes in SFBT and Solution Focused Coaching and has trained practitioners all around Asia. She is a Registered Clinical Supervisor and Master Clinical Member with Singapore Association for Counselling.

### Registration

Ms Tessa Koh

Email: tessa.koh.m.h@sgh.com.sg

### Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)





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Submit your registration form to Ms Tessa Koh at [tessa.koh.m.h@sgh.com.sg](mailto:tessa.koh.m.h@sgh.com.sg) by **25 Sep 2020!**

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	FEE (inclusive of 7% GST)
Name ( <i>to be reflected on cert</i> ):	<b>S\$ 430</b> (SingHealth) <b>S\$ 480</b> (Regular)
Contact no.: _____ Employee No.: _____	<i>With VCF Funding*:</i> <b>S\$ 336</b> (Singaporean/PR) <b>S\$ 432</b> (WP/EP/S Pass Holder)
Email: _____	*For NCSS member agencies and MSF-funded agencies only. <b>Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.</b>
Profession: <input type="checkbox"/> AHP ( <i>please indicate</i> ): _____ <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Others: _____	
Department: _____	
Organisation: _____	
PRN/ MCR/ Nursing no. ( <i>if applicable</i> ): _____	

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 **25 Sep 2020**. There will be no refund of course fee for cancellation on or after **25 Sep 2020**. 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 **Tessa Koh, 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 ( <i>name &amp; department</i> ): _____
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.