



# Introduction to Solution Focused Brief Therapy (Part 2)

## 4 - 7 October 2021

### Introduction

Building on the Foundations of SFBT Part 1, you will learn the basic structure and solution building process of a second and subsequent therapeutic session. SFBT Part 2 will introduce you to the EARS approach for follow up sessions. You will learn an SF approach to how to deal with setbacks, relapses and challenges more effectively and be able to use the elegant SFBT framework and tools. The learning process will include live demonstrations, video clips and interactive exercises.

### Prerequisites

- Participants must have previously completed Introduction to Solution Focused Brief Therapy (Part 1)

### Course Objectives

- Learn the process and be able to conduct a second and subsequent solution building session
- Be able to use the format and key questioning techniques
- Be able to identify different client patterns of change and be ready with SF tools
- Be able to deal with setbacks and relapses and follow up sessions effectively
- Develop confidence and competence in doing solution focused brief therapy

### Course Outline

- Review First Session Process in Solution Focused Brief Therapy
- Objectives and Expectations
- Demo and practice of first session process
- Solution Building for Follow up Sessions: EARS
- Demo and Practice Follow up session
- Common Client Patterns of Change
- Dealing with Setbacks, relapses
- Relapse Prevention Plan
- Demo and Practice

### Target Audience

Healthcare Professionals

### Quick Links

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

### Course Details

Date	: 4 - 7 October 2021
Duration	: 4 half days
Time	: 9.30 am – 12.30 pm
Device required	: Laptop/ Desktop
Platform	: Zoom Cloud Meetings
Fee	: S\$ 490 (SingHealth) S\$ 540 (Regular) (inclusive of 7% GST)
	<b>With VCF Funding*:</b> S\$ 297 (Singaporean/PR)

\*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 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, scan the QR code or click on the web link. Registration closes on **9 September 2021, Thursday**.



<https://form.gov.sg/609235b4a84d810011493d08>

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.*