



## Certificate in Solution Focused Counselling 28 July - 28 August 2008

### Overview:

This **Certificate Program** is designed for professionals who want to learn and use the fundamental skills of **Solution Focused Brief Therapy**. It is a **30-hour program conducted over 10 lessons, with 3-hour sessions** conducted in the evenings from 6:30-9:30. Participants will be able to conduct sessions in which the client's existing strengths and resources are utilized to help them find solutions to a wide range of human difficulties. Participants will be able to immediately use the skills they will learn and apply the skills in the setting in which they work.

The **Solution Focused Model** is a goal-oriented, competency based approach that draws its origins from the brilliant work of **Milton Erickson** and was further developed by **Insoo Kim Berg and Steve deShazer**. This model has been very successful in various settings, including rehabilitation centres, residential treatment centres, child protection agencies, psychiatric hospitals, schools, private practices, and in the corporate sector. It has been used successfully with a variety of presenting problems, including alcohol and substance abuse, sexual abuse, family conflict, interpersonal problems and psychiatric and psychological issues.

### Course Content:

Participants will learn about the history and evolution of this popular model and some key assumptions that shape what we do. They will learn the core skills and be able to conduct a first session interview and learn the steps of conducting a second and subsequent interview. They will learn the essential questioning techniques that characterize this model.

### Key Skills:

- Giving Compliments
- Asking the Scaling Question
- Looking for Exceptions
- Asking the Miracle Question
- Using the Relationship Question and Coping Question
- How to give end of session Feedback and Suggestions for Homework
- Using the various Questioning Techniques
- How to conduct a first and subsequent session interview

### Course Duration and Dates: 30 Hours

Ten 3-hour sessions, on Monday and Thursday evenings, 6:30-9:30 pm

Week 1:	28 July	31 July
Week 2:	4 Aug	7 Aug
Week 3:	11 Aug	14 Aug
Week 5:	18 Aug	21 Aug
Week 6:	25 Aug	28 Aug

### **Trainers:**

**Alan Yeo** has a Masters Degree in Experimental Psychology and a Masters Degree in Education with over 20 years experience as a trainer and lecture and 7 years experience as a therapist. He holds a Specialists Diploma in Counselling and Guidance, a Post Graduate Diploma in Solution Focused Brief Therapy and a Certificate in Ericksonian Psychotherapy and Hypnotherapy. Alan is in Private Practice and works with families, couples and individuals. He is a member of the Films Consultative Panel, appointed by MICA, and appointed Family Life Ambassador by MCYS. Alan was the Editorial Consultant for LIME teen magazine and co-authored a 2-year MCYS-funded research project on "Abused Children." He is a Certified Solution Focused Therapist and Certified Solution Focused Coach and is an Approved Supervisor with the CCPC. He conducts training in the solution focused model in Singapore.

**David Blakely** has a Masters Degree in Counselling with 14 years experience as a professional counsellor. David is a Certified Solution Focused Therapist and an Approved Supervisor with the CCPC. His work is focused in the areas of marriage and family counseling, career guidance, mental health counseling, personal development, group work, and personality testing. David is a registered counselor and current President of the Singapore Association of Counselling. In addition to his counseling work, David has a passion for training and supervising counselors, especially in the use of Solution Focused Brief Therapy.

### **Requirements/Advancement:**

**The Academy of Solution Focused Training is the first training company in Asia approved to offer certification by the Canadian Council of Professional Certification (CCPC) in SF training.**

All participants must have a basic degree or diploma. Upon completion of the course, a Certificate of Completion will be awarded. Students can apply the 30-hours training toward the **Graduate Diploma in Solution Focused Brief Therapy** and toward international certification with the CCPC as a "Certified Solution Focused Therapist."

### **Program Fee:**

**\$1,400.00 per participant. This program has Pre-Approval for VCF funding.** Those eligible for VCF funding only pay **\$400.00**. Applicable only for Singaporeans and Permanent Residents who are permitted staff of Voluntary Welfare Organizations who are members of the National Council of Social Services. Those applying for VCF must register on-line with NCSS 30 days before commencement of the course.

### **To Enroll:**

Fax Registration Form to 6455 3259

### **Payment:**

Make Check Payable to: Academy of SF Training  
Mail to: 13 Springleaf Road, Singapore 787956

### **Contact:**

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