

Academy of
SOLUTION FOCUSED TRAINING

Graduate Diploma in Solution Focused Brief Therapy

July 2008 – March 2009

**Specialists Designation:
Certified Solution Focused Therapist or
Certified Solution Focused Practitioner
from the Canadian Council of Professional Certification**



CCPC

ACCREDITED PROGRAM

About Solution Focused Brief Therapy (SFBT)

Solution Focused Brief Therapy is a goal oriented, future oriented, competency-based therapeutic approach that draws its origin from the brilliant work of Milton Erickson as well as the team from the Mental Research Institute (MRI) in Palo Alto, California. **SFBT was developed by Insoo Kim Berg, Steve deShazer** and their colleagues at the Brief Family Therapy Centre in Milwaukee, Wisconsin. They were **fascinated by what worked** in the therapy room and spent more than 25 years working inductively with clients. This model of counseling and consultation has been very successful in various settings, including rehabilitation centres, psychiatric hospitals, residential treatment centres, child protection agencies, schools, private practices, as well as in the field of coaching and the corporate setting. It has also been used successfully with a variety of presenting problems, including clients with alcohol and/or substance abuse, survivors of sexual abuse, family conflict, interpersonal problems and psychological and psychiatric issues.

Certification Information

The Academy of Solution Focused Training is the first training provider in Asia that is approved by the Canadian Council of Professional Certification (CCPC) to offer professional certification in the solution focused model in counselling, education and coaching.

This certification programme is modeled after a similar programme offered by the University of Toronto. (Website: www.utoronto.ca/facsocwk/conted.html.) It fulfills the educational requirements for the **Certified Solution Focused Therapist (CSFT) and Certified Solution Focused Practitioner (CSFP)**, specialty designations granted by the **Canadian Council of Professional Certification** (website: www.ccpcprofessionals.com). The CSFT and CSFP designations requires a degree or diploma, membership in a registered professional association is advised, and a supervision component.

Course Structure and Content

This certification programme consists of **6 Training Modules**, final **Clinical Case Presentation**, plus **6 hours of clinical supervision**. Total contact hours: 104

The first two modules, **Basics of Solution Focused Brief Therapy, Part I & Part II**, provides a foundation for understanding the philosophy and techniques of the model. The **Clinical Case Presentation** requires participants to demonstrate their ability to conduct solution building interviews. Participants are also required to do **four additional modules** which provide opportunities to expand clinical practice to a wide variety of client problems and settings. Professionals who have had previous training in SFBT may apply for exemption to certain modules.

Who Should Attend:

Psychologists, psychiatrists, social workers, counsellors, therapist, private practitioners, agency workers, mental health professionals; professional working in residential treatment facilities, teachers, school counsellors, discipline masters, principles, educational specialists, coaches and managers.

Training Modules

Module 1: Foundational Skills in Solution Focused Brief Therapy, Part I

Dates: 31 July - 1 August 2008

Recommended reading: Interviewing For Solutions, by Insoo Kim Berg and Peter De Jong

Emphasis: To acquire an understanding of the principles, assumptions and techniques of Solution Focused Brief Therapy and develop skills to collaboratively build solutions with clients. Participants will learn the basic core skills of solution focused brief therapy, the questioning techniques, the history and development of the model and how to conduct a first session interview.

Module 2: Foundational Skills in Solution Focused Brief Therapy, Part II

Dates: 14-15 August 2008

Recommended reading: Interviewing for Solutions, by Insoo Kim Berg and Peter De Jong

Emphasis: To learn the structure and process of a second and subsequent solution focused interview, how to use the EARS process, as well as how to deal with setbacks, relapses, when things are not better but worse. Participants will be able to conduct a first and second session interview using the solution building skills. There will be live demonstrations, role plays, training videos and class discussions of difficult cases.

Module 3: Staying Brief – Becoming Briefer: A minimalist guide to solution focused brief therapy

Dates: 4-5 September 2008

Recommended reading: *BRIEFER: A Solution Focused Manual* by Evan George, Harvey Ratner & Chris Iveson

Emphasis: This intensive workshop will illustrate how staying simple increases the possibility for change in our client's lives. Participants will learn how to construct the briefest solution focused therapy session around three basic questions. This will be a highly interactive workshop with lots of opportunities to practice and develop their skills by watching live demonstrations and recorded practice.

Module 4: Working with Mandated Clients

Dates: 20-21 November 2008

Emphasis: The word "mandated client" usually evokes negative reactions and the anticipation of "resistance" or "lack of motivation." Often they come to us having been referred by outside sources and are not seeking help on their own initiative. This workshop will help practitioners develop useful conversations with mandated clients to gain their participation and find workable goals they are invested in as well as utilizing client strengths and resources. Working with mandated clients in groups will also be covered.

Module 5: Working with Families and Couples

Dates: 11-12 December 2008

Recommended reading: *Recreating Partnership, A Solution-Oriented, Collaborative Approach to Couples Therapy*, by Phillip Zeigler & Tobey Hiller

Emphasis: Working with couples and families can often be more difficult than working with an individual client. The workshop will help participants gain solution building skills in working with couples and families in helping them achieve their goals, manage conflict, getting unstuck, and maintaining the progress they have made. Common couple issues will be addressed such as infidelity, divorce, parenting issues, and conflict management.

Module 6: Pathways to Solutions with Self-Harming & Suicidal Adolescents

Dates: 16-17 February 2009

Recommended reading: *Working With Self-Harming Adolescents: A Collaborative, Strengths-Based Therapy Approach*, by Matthew Selekman

Emphasis: Adolescent self-harming and suicidal behaviors are two of the most challenging presenting problems educators, healthcare providers and therapists face today in their professional settings. This workshop will combine information-rich didactic presentation, extensive use of videotape examples and skills based exercises. Participants will leave the workshop with many user-friendly, practical therapeutic tools and strategies they can use immediately with their most challenging self-harming and suicidal adolescent clients and their families.

Module 7: Clinical Case Presentation

Dates: 12-13 March 2009

Emphasis: To demonstrate competency and application of the solution focused model with clients. Participants are required to video tape a session with a client in which they will demonstrate their use of and competency in applying these skills in clinical practice.

Individual Supervision (6 hours of clinical supervision)

Dates: To be arranged

All participants must complete 6 hours of clinical supervision with an approved clinical supervisor with the Canadian Council of Professional Certification.

Trainers:

Debbie Hogan, Marriage & Family Therapist, Singapore

Debbie has a Master's degree in Counselling and an Advanced Certificate in Ericksonian Psychotherapy and Hypnotherapy. She is in private practice and has over 26 years experience as a therapist and trainer. She conducts training for local and international schools as well as works with individuals and families with a variety of issues. Debbie has a Post-Graduate Diploma in Solution Focused Brief Therapy, is a Certified Solution Focused Therapist, Approved Clinical Supervisor and Appointed Associate Examiner for the Canadian Council of Professional Certification. Debbie is the co-founder of the Academy of Solution Focused Training. She is a registered member of the Singapore Association of Counsellors and is Board Certified in Professional Counseling with the American Psychotherapy Association. Debbie conducts training in Singapore and Southeast Asia in the Solution Focused Model.

Chris Iveson, Family Therapist, Trainer, UK

Chris is an inspiring workshop presenter with an international reputation as a teacher and practitioner of solution focused brief therapy. A former social worker and family therapist, he co-founded BRIEF, a London-based clinic and one of the world's leading brief therapy centres. Chris and his colleagues have played a significant part in the development of solution focused brief therapy in the past two decades. Chris is co-author with Evan George and Harvey Ratner of *Problem to Solution: brief therapy with individuals and families*, the UK's most popular brief therapy book and author of *Whose Life: working with older people*. He has written chapters and articles on work with couples, adolescents, adult psychiatry, children and parents, minimalism, workplace counseling and is currently writing a book on high impact coaching, book on BRIEF's current approach to therapy. Chris is also co-author with BRIEF colleagues of *BRIEFER: A Solution Focused Manual*, one of the most practical of all solution focused texts.

Matthew Selekmán, Family Therapist, Addictions Counselor, USA

Matthew is a highly seasoned family therapist and addictions counselor in private practice and the co-director of Partners for Collaborative Solutions, an international family therapy training and consulting firm in the US. He is an Approved Supervisor with the American Association for Marriage and Family Therapy. Matthew received the Walter S. Rosenberry Award in 2006, 2000, and in 1999 from the Children's Hospital in Denver, Colorado for having made significant contributions to the fields of psychiatry and the behavioral sciences. Matthew is the author of numerous family therapy articles and four professional books: *Working with Self-Harming Adolescents: A Collaborative, Strengths-Based Therapy Approach*; *Pathways to Change: Brief Therapy with Difficult Adolescents*, *Solution Focused Therapy with Children: Harnessing Family Strengths for Systemic Change*, and *Family Therapy Approaches with Adolescent Substance Abusers*. His new book, *The Young Adult and Adolescent Self-Harm Treatment Resource Manual*, will be published this fall. He has presented workshops on his collaborative strengths-based family therapy approach with challenging children and adolescents extensively throughout the US, Canada, Mexico, South America, Europe and Australia.

Assessment Criteria

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**Graduate Diploma in Solution Focused Brief Therapy. Specialist designation:
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- Attained minimum 80% attendance and Clinical Case Presentation.
- Assessed by the Academy of Solution Focused Training by the Examiner to have acquired the skills to conduct a Solution Building Interview during the Clinical Case Presentation.
- Completed the required hours of clinical supervision endorsed by the Academy of Solution Focused Training and recognized by the CCPC.

Fee Structure

Total fee is **\$5,000.00**, inclusive of training manual, 6 hours of clinical supervision, Clinical Case Presentation, plus registration and professional membership fee into the **Canadian Council for Professional Certification**.

This program has been Pre-Approved for VCF funding. Those who qualify for funding only pay \$4,000 for this program. Applicable only for Singaporeans and Permanent Residents who are permitted staff of Voluntary Welfare Organization who are members of the National Council of Social Services. **Those applying for VCF must register on-line and submit the Pre-Approval number to the Academy of Solution Focused Training 30 days prior to commencement of the course.**

Refund and Cancellation Policy:

A full refund of the course fee less an administrative fee of 10% of the course fees is applicable to faxed or written withdrawal received more than 14 calendar days before commencement of the course. If notification of withdrawal is received less than 14 calendar days preceding commencement of the course, an administrative fee equal to 50% of the course fee will be forfeited. There will be no refunds for withdrawal notices received after the commencement of the course.

To enroll:

Fax registration form to: 6455-3259

Contact:

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