

Training for Trainers

This is the first day of a two day training workshop: November 14 & 15

In this interactive training session, experienced solution-focused practitioners will have the opportunity to learn and practice the mindset, structures and practical techniques for training others in solution-focused brief therapy. Participants can expect to leave this session with a “toolkit” of proven strategies as well as an understanding of how to create their own solution-focused learning methods. We will consider all aspects of training in different settings, from the first telephone call to evaluations. The workshop will also address the greatest challenge of solution-focused training: how to do the training itself in a solution-focused way – i.e., making the medium the message.

Prerequisite: Participants should have enough experience as solution-focused practitioners to be able to “walk the talk”, or model the model.

Heather Fiske, Ph.D. is a psychologist with over 35 years of clinical experience in hospitals, community clinics, schools and correctional facilities. She currently is in private practice, coordinates a SFBT postgraduate program at the University of Toronto, and trains providers to the homeless. Besides her many conference presentations, trainings, and articles, she is the author of a new book, *Hope in Action: Solution-Focused Conversations about Suicide*, 2008.

Brenda Zalter-Minden, M.S.W. Brenda is the senior organizational development consultant at the Brant Community Healthcare System in Brantford Ontario responsible for designing and implementing interventions for various hospital business units using a solution focused approach. Prior to this, Brenda worked at Credit Valley Hospital for 23 years in different capacities. Brenda teaches a solution-focused interventions part time for Toronto Advanced Professional Education, and Faculty of social work continuing education with the University of Toronto.

Microanalysis In-Action: The Basics Workshops

Overview

Microanalysis of psychotherapy is the moment-by-moment analysis of actual language use in video-recorded sessions. This method is especially suited to SFBT's focus on language because it makes the details of therapist-client interactions visible to the practitioner, trainer, supervisor, or researcher. This year, there is an introductory pre-conference workshop on Basics, followed by a choice of three post-conference workshops on (a) practice skills, (b) training and supervision, or (c) research. *The pre-conference workshop on November 15 is a prerequisite for any of the Microanalysis post-conference choices.*

I. Preconference (one day):

The Basics of Microanalysis (Janet Bavelas, Sara Healing, & Christine Tomori).

The Basics workshop is an intensive, hands-on introduction to the method of microanalysis, including the use of ELAN software and some basic communication "tools" (e.g., questions, formulations, grounding). The workshop uses video examples from solution focused sessions, interactive discussions, and lots of individual practice with supervision.

Requirements: a laptop, external mouse, ear phones, and curiosity about something new and different.

Janet Bavelas, PH.D., is an active emeritus professor of psychology, University of Victoria (Canada). She does experimental research on the basic process in psychotherapy and medical communication. In collaboration with SFBT practitioners, she is applying her research group's techniques of microanalysis to several studies of SFBT therapy. Among her many publications, she is a co-author of the groundbreaking book, Pragmatics of Human Communication.

Sara Healing, B.Sc., is a master's student in psychology, University of Victoria (Canada). She is one of the developers of the microanalysis workshops on psychotherapy and has traveled extensively presenting these workshops. Her honours thesis is a forthcoming article in the Journal of Systemic Therapy, and she is co-author of a study on delivering medical bad news. Her master's research is defining and identifying patients' contributions within videotaped oncology consultations.

*Christine Tomori, BA, is a masters student at the University of Victoria (Canada). Christine has presented and trained internationally about microanalysis. She published a paper in the *Journal of Family Psychology* about using microanalysis in psychotherapy with children in 2007 and has previously presented a poster and trained at SFBTA conferences. Her other research interests lie in the area of palliative care and communication with cancer patients.*

Research Tools for the Solution-Focused Practitioner

The SFBTA research committee is hosting our annual pre-conference research meeting on November 15th, 2012 from 9am-4:30pm. We would like to invite everyone to spend the day talking about several topics pertaining to SFBT practice and research, focusing on ways the two areas can be more collaborative. This is an open meeting for all SFBTA attendees and CEU's will be provided. This year's topics include a variety of useful tools and information for practitioners and supervisors:

- Presentations on solution-focused assessment and fidelity measures that practitioners and agency supervisors can use to enhance clinical practice with clients.
- Presentation on current research studies on microanalysis and grounding and a Delphi Study exploring how SFBT practitioners solution build with their clients
- Updates on current research projects funded by SFBTA on WOWW program (SFBT classroom behavior management) and In-Home SFBT for Troubled Youths.
- Networking opportunities for practitioners, researchers, and students to discuss research opportunities and obtain consultation.

Adam Froerer, is the assistant chair for the clinical psychology master's program and the industrial and organizational psychology master's program, as well as an assistant professor at Argosy University, Chicago. He received his Ph.D. in marriage and family therapy from Texas Tech University. Adam has worked in a variety of clinical settings with individuals, couples, and families using a SFBT approach. Adam has completed process research using microanalysis. He currently serves as a member of SFBTA's research committee.

Johnny S. Kim, Ph.D., LICSW, is an associate professor at the University of Kansas School of Social Welfare. He received his Ph.D. from the University of Texas at Austin and was a Council on Social Work Education Minority Clinical Fellow. His research areas focus on evaluating SFBT, meta-analysis and evidence-based practice. He has published over 25 articles in peer reviewed journals and book chapters and recently published a book on using SFBT in schools.

Cynthia Franklin, Ph.D., LCSW, LMFT, is professor and holder of the Stierberg/Spencer Family Professorship in Mental Health at the University of Texas at Austin, School of Social Work and one of the recent editors of *Solution-Focused Brief Therapy: A Handbook of Evidence Based Practice* (2012, Oxford University Press). Dr. Franklin is one of the chief researchers to study the effectiveness of solution-focused brief therapy in schools.

Brief Coaching for Lasting Solutions

In this one day interactive training session we will have the opportunity to look at the effectiveness of SF conversations from the two perspectives of therapists and coaches. The SF difference that makes a difference is most probably the same in both fields. Yet it might be rewarding to practice working with typical topics from "Life Coaching" to "Executive coaching" and see how we can learn from each other. You will get to reflect, try out and experience coaching in career decision, conflict situations, coaching when several players need to cooperate within an organization as well as dealing with managerial issues, improvement of performance, and other management related issues.

Leave the workshop with some hands-on ideas of from how to contract to how to follow through when you work with businesses, organizations and employees.

And by the way: Brief Coaching is in fashion. Whenever the economy slows down, corporations who spend millions on extensive coaching programs for their executives get curious about the concept of being brief. But it seems that this time around coaches start to get interested in how to be more brief AND effective and even willing to question old beliefs of how to be useful. Interesting times ahead of us.

Peter Szabo, Doctor of Law and Master Certified Coach, is Founder and Director of Weiterbildungsforum Basel, the largest coaching school in Switzerland. He also teaches coaching at several European universities. He coaches individual and corporate clients on management and life issues.

SFBTA: 101--An Introduction to SFBTA

Since our second conference in 2004, SFBTA has offered a basic introduction to SFBT. The 101 will cover solution-focus history, philosophy, assumptions, goal setting, and the 7 intervention tools that keep therapy brief and effective. You can expect a mix of presentations, sample videos, experiential exercises and discussion. **Please note:** this is a basic introduction to SFBT and not training. The main purpose of the 101 is to give those who have had little or no prior SFBT experience a chance to learn enough about SFBT so they can better enjoy the conference.

Joel Simon, is a Licensed Clinical Social Worker in practice for over 30 years and a solution-focused practitioner, presenter, trainer, and consultant since 1992. Joel is a founding member of SFBTA. He is the author of several articles on SFBT as well as two books on solution-focused topics.

Training for Trainers

Heather Fiske & Brenda Zalter-Minden

This is the second day continuation of a two day training workshop.

See November 14 Program Description for details.

See previous page for Heather Fiske and Brenda Zalter-Minden's information.

Program Workshop Descriptions: Session 1 (10:45-12:00)

A. *Adult Education Curriculum Coaching: Transforming Workplace Education with SF:*
Haesun Moon

This highly engaging workshop is for those in workplace professional learning and academic education alike. The key facilitative questions of applied Solution Focused brief practice will be discussed and generated in the context of adult learning: program planning, curriculum design, delivery, and evaluation.

Haesun Moon is an educator based in Toronto; her special interest is in workplace learning and organizational wellness using solution-focused brief coaching. She contributes to the SF community by building communities of practice through various learning spaces including: Learning Theater, Power Apps sessions, and the Center for Brief Coaching.

B. *SFT: It Just Works:* Elliott Connie

Solution focused conversations can have a major impact on people's lives, even if the conversation is not being constructed very well on behalf of the therapist. In this workshop the facilitator will review a video from real client sessions conducted in his office in which even though the session was mediocre, the client outcome was amazing!

Elliott Connie is licensed professional counselor with a private practice in Kelly, TX. He is also a nationally and internationally known lecturer on topics related to SFBT and the application of the SFBT in different settings including marriage therapy, family therapy, business, and schools. In addition, he is the co-editor (with Linda Metcalf) of *The Art of Solution Focused Therapy*.

C. *Doing Briefer Therapy: Asking "What's Better?"* Dan Gallagher

Creating a context with the client for noticing "What's Better?" is one of the crucial jobs of the interviewer in SFBT. This facilitated discussion with and between the participants will explore how we can learn from clients and each other about how the client can and does create such a context.

Dan Gallagher is one of the founders of SFBTA and a board member. He has had an interest in brief therapy since the early 1970's and in AFBT since the early 1980's. Dan has applied the approach with clients in substance abuse programs, prisons, mental health settings, a psychiatric hospital and a variety of other settings. His passion is working with clients in ways that promote their spending as little time in therapy as necessary.

D. *The Latest in SFBT Research:* Michael Kelly, Patricia Mares and Alvin Mares
Lead researchers in SFBTA sponsored research projects present results and progress from the past year.

*Working on What Works (WOWW): Piloting a Solution-focused Teacher Coaching Intervention in Elementary School Contexts—*Michael Kelly

This presentation will describe the pilot study of the WOWW teacher coaching intervention in a suburban Chicago elementary school. The project took place in 5 classrooms, with 3 classrooms receiving the full 10-week WOWW intervention and the other two classrooms acting as a wait-list control. Pre- and post-test data was collected using measures of teacher burnout, teacher self-efficacy, and teacher satisfaction with the WOWW program. These findings indicate that WOWW continues to be a promising intervention to use in schools to positively impact classroom behavior and to enhance teacher's classroom management skills and sense of self-efficacy.

Michael Kelly, PhD, LCSW. Michael is an Asst. Professor at Loyola University of Chicago School of Social Work. He is the author of 19 articles in peer-reviewed journals, 15 book chapters and encyclopedia entries, and 3 scholarly books. His interests include

Program Workshop Descriptions: Session 1 (10:45-12:00)

the application of solution focused approaches in schools. His teaching experience is in the areas of social work practice, policy, evidence-based practices, and family therapy.

In-Home SFBT for Troubled Foster and Adopted Youth—Patricia Mares

In this workshop the SFBT-based “CONTROL” in-home intervention for caregivers of troubled foster and adopted youth will be discussed. Preliminary findings from year one of this Ohio University IRB-approved pilot study will be presented, including a brief summary of the first six troubled youth and primary caregiver participants enrolled into the study between July and December of 2011.

Patricia Mares, Med, PC-CR, LSW, has been a case manager for troubled foster youth since 2002. She has provided in-home brief treatment for hundreds of foster youth and advised foster parent caregivers on effective caregiving principles and skills. Based on her clinical experience, review of the literature, and study of solution-focused brief therapy, Mrs. Mares is developing a 12-week in-home SFBT intervention for caregivers of youth with attachment issues.

SFBT Mentoring for First Generation and Non-Traditional College Students—Alvin Mares

A SFBT-informed peer mentoring program for first generation and non-traditional college students will be discussed. Preliminary findings from the first year of the program will be presented, including lessons learned and planned changes to the program for the 2012-13 academic year.

Alvin Mares, PhD, LSW, is an assistant professor in the College of Social Work at The Ohio State University. Dr. Mares teaches research courses in the BSSW and MSW programs at Ohio State. He was awarded the SFBTA 2009 Research Award to support the development of a solution-focused brief therapy intervention for transition-age youth. He is principal investigator of the four-year (2010-2014) Ohio Youth Transition pilot intervention research study. For more information visit www.oyit.org.

E. *You can too! Changing your world one SF conversation at a time:* Janet Bent and Kerri Morash

Imagine that you’ve been to a conference and have heard some really amazing ideas. Back in your workplace, what might be your first small steps to grow and share what you’ve learned? Come and listen to the experience of two Mental Health nurses who have, for the past nine years been changing their world one conversation at a time. Bring your best hopes and get enthusiastic support and encouragement from others who have been there.

Janet Bent, RN, is a nurse with over 30 years in high intensity acute care and now in hospital mental health/psychiatry. She facilitates a weekly Solution Focused group, called “Working on What Works”, on the Inpatient Affective Disorders ward. Ms. Bent has presented internationally on SFBT.

Kerri Morash, RN, works with psychiatric patients in an inpatient facility in Victoria, BC.

Program Workshop Descriptions: Session 2 (1:30-2:45)

A. *A Delphi Study on Solution Building: What SFBT Clinicians Say About the Process:* Adam Froerer and Elliott Connie

In this workshop the presenters will report the results of a recent qualitative study that surveyed skilled SFBT clinicians from around the world regarding their understanding of the solution building process. The presenters will use the results of their research to define and demonstrate the solution building process.

See previous page for Adam Froerer and Elliot Connie information.

B. *How to Remain Solution-Focused and Brief following the Intake Interview:* Christopher Richmond

This discussion group will focus on bridging the gap between the intake interview and the subsequent counseling session(s). The facilitator and the participants will discuss how to begin the initial counseling session with the goal of identifying and examining what has been better for the client following his/her last session.

Christopher Richmond, PhD, LMFT serves as a university counselor and an instructor in the Social Sciences Dept. at Ferris State University. He is also an instructor at Western Michigan University. He has presented solution focused brief therapy at SFBTA conferences and at the APA and AAMFT national gatherings. Mr. Richmond is also published in professional journals in the area of SFBT.

C. *SFBTA Training in Wider Contexts:* Yvonne Dolan

This workshop is designed for adventurous –current or aspiring—SF trainers focusing on ways to effectively market their work, create opportunities to teach in multicultural or international settings, and collaborate productively with hiring organizations around the world in a manner consistent with the Solution Focused approach.

Yvonne Dolan, M.A. is co-author of *More Than Miracles: The State of the Art of Solution-focused Brief Therapy* (Haworth press, 2007), and 5 other books focusing on SFBT with specific client populations including trauma and abuse, court mandated clients, multi-problem individuals, families, and couples. She is a co-founder (with de Shazer and Berg) of SFBTA and conducts training in SFBT all over the world. She has been a psychotherapist for 30 years, and her books have been translated into 7 languages.

D. *Suppose a Miracle Happened.....:* Dina Bednar and Geri VanEngen

Suppose a miracle happened and when you woke up Steve and Insoo were in your kitchen! What would you tell them about your SFBT work in the past year? Come in and share your thoughts, ideas, discoveries, hopes and dreams.

Dina Bednar, MA, RMFT. Dina is a registered marriage and family therapist at Child and Adolescent Services, a children's mental health clinic, in Hamilton, Ontario. She works with children, adolescents and their families, and provides solutions-focused training to staff, students and other agencies in the area. She is a clinical member and approved clinical supervisor with AAMFT. Dina also enjoys researching and presenting on SF supervision and SF methods and their results.

Geri VanEngen, M.SC., is a family therapist at Child and Adolescent Services in Hamilton, ON. She is Adjunct faculty at the University of Guelph where she teaches a practicum in Solution Focused work. She presented at the 2011 SFBTA Conference.

E. *Exploring What Works for Kids in Relational Aggression Situations*: Kay Herting Wahl and James Bierma

This session will include original examples from elementary, middle, and senior high schools of relational aggression – how it begins, escalates, and possible methods of interrupting the progression, and/or long term solutions. The use of group work to reduce relational aggression will be included.

Questions/discussion of male, female, and cultural differences in aggression, as well as simulation and discussion of specific Solution Focused techniques which may be more effective at different age levels will be part of the session. (The word “children” may describe any child between ages of 5-18).

Kay Herting Wahl, Ed.D., is an Assoc. Professor in the Counseling and Student Personnel Psychology Dept. at the University of Minnesota. She directs and teaches in the School Counseling Program at UM. She is an active presenter and has published several scholarly articles and books in her field of school counseling.

James Bierma, Doctoral Student at University of Minnesota. Mr. Bierma is Director of College Readiness Consortium at the University of Minnesota and works with homeless students in St. Paul. He is active in the American School Counselor Association and has served as association president.

Program Workshop Descriptions: Session 3 (3:15-4:30)

A. *Solution Focused Brief Therapy Gone Right*: Elizabeth Martinson and Jennifer Jones

Many beginning therapists are attracted to SFBT, yet fail to understand underlying principles. Our innovative training module refutes common misconceptions about SFBT. In this entertaining and interactive workshop, we demonstrate useful techniques that ground beginners in both theory and practice of SFBT.

Elizabeth Martinson, Doctoral Student at Nova Southeastern University. Ms. Martinson is Research Coordinator at the Mailman Segal Center at Nova Southeastern. She also is a family therapy intern at the Brief Therapy Institute.

Jennifer D. Jones, MA and PhD candidate at Nova Southeastern University. She is a grant officer and works with families as an intern in the Brief Therapy Institute at Nova Southeastern. She also is a therapist at Baudhuin Preschool where she counsels families and children. She has experience as a special education teacher.

B. *Scaling as a Technique for Moving Forward: Denise Krause and Phyllis Dreywood*

The scaling question forms the framework for this three-tiered approach to solution discovery. This workshop presents a practical exercise that can be introduced as a “blockbuster” technique for workers and clients and developed to its final form as a self-guided exploration the client can independently utilize.

Denise Krause, MSSW, is a clinical professor at the University at Buffalo School of Social Work. Ms. Krause has been involved in several ongoing solutions-focused training initiatives in New York State since 2005. She works with the New Your State Office of Children and Family Services at the supervisory and direct service levels.

Phyllis Dreywood, BS, is a caseworker in the Preventive Services for Children unit of the Child Welfare division of the Livingston County New York.

C. *Solution Focused Art Therapy: Solidifying Positive Change toward a Preferred Future: Justine LaBatch*

Through a guided exercise using art materials, we will explore preferred outcomes. Using several Solution-Focused practices to visually visit what works, our own expertise becomes the fuel to drive us to a preferred future. This is a hands-on workshop sure to be fun!

Justine LaBatch, LMFT, recently entered private practice after several years in the public behavioral health sector. She is a trained Art Therapist with an interest in combining SFBT with art therapy. She has presented training in SFBT locally and at SFBT annual conferences.

D. *The Lemon Question: Pride as a useful resource in solution focused interviewing: Lance Taylor*

Combining a thoroughly normalized view of life struggles, the power of suppose questioning and the deep well of personal pride and dignity, the lemon question can be a useful turning point in a SF conversation. Some may find this form of question a useful addition to their toolkit.

Lance Taylor, M.Sc., R.Psych. is a registered psychologist, whose 40 years of clinical practice and management in community mental health have been largely guided by solution-building frameworks. He learned SFBT from its original developers, Insoo Kim berg and Steve de Shazer. He has introduced the model to a wide variety of human services, and currently is in private practice, consults with organizations, teaches workshops, offers supervision, and teaches SFBT at the University of Calgary.

- E. *Promoting Organizational Change: A Step by Step Approach to Integrate Solution-Focused Techniques within a Trauma-Informed Environment:* Ann-Marie Orłowski, Al Dirschberger, J., and Kara Marong-Houlahan

Organizational change is a lengthy process relying on the multi-tiered collaborative efforts of many. This workshop examines a step-by-step model for incorporating a Solution-Focused Trauma-Informed environment within a large child welfare organization. Participants will be actively engaged through discussion and activity exploring the best hopes for their organization and their contributions to its success.

Ann-Marie Orłowski, LMSW, is Vice President of Community Services at Gateway-Longview, Inc in Buffalo, NY. Her background is in administration and direct services to foster and adoptive children. She is adjunct faculty at University of Buffalo School of Social Work.

Al Dirschberger Jr., LMSW, Ph D., is Vice President of Residential Services-Gateway Longview, Inc. in Buffalo, NY. His experience is in administration and residential treatment of youth. He teaches human services courses at Erie Community College. He is the head coach for the Niagara University Women's Softball Team.

Kara Marong-Houlahan, MSW, is a Homefinding Recruiter at Gateway Longview, Inc. in Buffalo, NY where she co-founded the organization's Solution-Focused Trauma-Informed Care Organizational Initiative with Ann-Marie Orłowski. She has worked with behaviorally-challenged children since 1998.

Program Workshop Descriptions: Session 4 (9:00- 10:15)

- A. *Solution Focused Applications in the School Setting:* Jay Trenhaile and Carol E. Buchholz Holland

Solution Focused Brief Therapy has many useful applications in the school setting. Participants who attend this session will be exposed to a variety of these applications and activities to use with children. Additionally, participants will be challenged to provide examples of what Solution Focused activities work for them, which will be shared with the group.

Jay Trenhaile, EdD, is Department Head in the Counseling and Human Development program at South Dakota State University where he teaches several courses including *Solution Focused Therapy*. He is a School Psychologist in South Dakota. Jay is a well-practiced presenter—especially in the application of SFBT in the school setting. He has numerous publications on SFBT and developed a SFBT board game.

Carol E. Buchholz Holland, PhD, is an Assistant Professor and School Counseling Program Coordinator in the School of Education, North Dakota State University where she teaches graduate students. She published several articles on trauma in intimate relationships and presented on this topic. She spent several years as a school counselor.

B. *Using "Relationship Role Plays" as a Tool to Increase Engagement and Build on Past Successes:* Mary Ferraro and Denise Krause

This workshop illustrates how relationship questions and “Relationship Role Plays” can foster engagement while broadening the contexts of exceptions and success with clients. A small group activity will anchor the technique and a large group discussion will invite a possibility conversation.

Mary Ferraro, LMSW, is employed as a psychotherapist at Catholic Charities in Niagara, NY where she works to prevent out-of-home placement of delinquent youth. She is trained in Solution Informed Trauma Informed Care.

Denise J. Krause, see previous page for information.

C. *SFBT in the Executive Coaching Arena:* Andrea Winn

The presenter has used the SFBT approach in her coaching of executives for the past year. It has become a very powerful Win-Win alliance. The format used in session and the practical steps to creating a SF executive coaching service will be shared. A collaborative discussion with participants about incorporating SFBTA coaching in their own practices will be a part of the presentation.

Andrea M. Winn, MEd, dream whisperer, was brought up in a Tibetan Buddhist community and has been meditating for 39 years. Andrea brings her foundation of discipline and a solution focused approach to her whispering of people’s dreams. She offers the transformative and empowering gifts of her unique approach to people around the world through individual coaching, group teleseminars and on-line downloadable programs.

D. *Solution Focused Financial Counseling: Celebrating Solutions as a New Way of Thinking for Financial Counselors and Planners:* Kristy Archuleta, Mary M. Bell, Jurdene A. Ingram, Laura D. Irwin, John E. Grable, and Camerin White

Integrating SFT tenets and financial counseling/ planning is a new approach to working with clients where the focus has traditionally been on clients’ negative behaviors that led to their financial problems. SFT provides a refreshing way for financial counselors/ planners to think about their clients’ situations and help clients find solutions.

Kristy Archuleta, PhD, is an Assistant Professor in the School of Family Studies and Human Services at Kansas State University. She is co-founder and co-director of the Institute of Personal Financial Planning Clinic. Ms. Archuleta is a family therapist and financial counselor with multiple publications in the field of financial therapy. Her recent interests include the use of SFT in financial counseling.

Mary Bell, MA, is a PhD Candidate in personal financial planning at Kansas State University.

Jurdene A. Ingram, MA, is a Couples Therapist Intern in Family Life Ministries on Fort Riley Army Post, Ft. Riley, KS. She is a member of a research team testing the efficacy of a new model of SFT techniques in the field of financial counseling with college students at Kansas State University.

Laura Irwin, MA, is a Premarital Therapist Intern at St. Isidore's Catholic Student Center and a Financial Therapist Intern at the Institute of Personal Financial Planning, Kansas State University.

John E. Grable, PhD, is currently a Professor at the University of Georgia. He is interested in and has published in the area of financial counseling.

Camerin White

E. *The influence of Brief Solution Focused Ideas When Engaging Families with Infants and Young Children in Family Therapy: Carol Messmore and Lee Shilts*

This session will describe the utilization of Solution Focused ideas when engaging families with infants and young children in a family therapy session. Specifically the workshop will focus on helping parents understand the behaviors and developmental stages of infants and toddlers.

Carol Messmore, PhD, LMFT, is Faculty Lead, Marriage and Family Therapy Program in the Harold Abel School of Social and Behavioral Sciences, Capella university. She is a previous presenter at SFBTA conferences and has a book on SFT in press.

Lee Shilts, PhD, is a core faculty at Capella University in the Marriage and Family Therapy Program. He is published in SFBT and is the principal developer of the WOWW program. He is also a practicing family therapist in Plantation, FL. He previously was the chair of the family therapy graduate program at Nova Southeastern University and Associate Dean.

Program Workshop Descriptions: Session 5 (10:45-12:00)

A. *Using Microanalysis as a Tool for Supervision: A Case Study: Joel Simon*

Since 2006, many of us in the solution-focused community have adopted microanalysis of communication as a tool for understanding solution-focused brief practice. Certainly supervision of

clinicians is one application. This workshop explores one specific case of how microanalysis helped clarify the difference between problem solving and solution building.

See previous page for Joel Simon's information.

B. *Going Against the Grain: Implementing Solution Focused Practice in a Community Mental Health Program:* Barry McClatchey and Jill Ceccolini

This workshop presents the successes and challenges experienced during the implementation of solution focused practice as the primary approach with new clients at a large government-operated community mental health service. Workshop participants will have the opportunity to contribute to a dialogue about building solution focused practice in problem-focused environments.

Barry McClatchey, is Co-founder/director of the Halifax Brief Therapy Centre in Nova Scotia. Mr. McClatchey has conducted solution focused therapy with individuals, couples, families and groups for almost twenty years. He has an extensive background as a trainer, workshop presenter and program leader.

Jill Ceccolini, MSW, provides individual, couple and family counseling as a solution-focused therapist in the community and in health facilities. Her principal employment is with the Halifax Brief Therapy Centre. She also practices in the C F Health Services, Department of National Defence.

C. *Solution Play with Children: A Natural Fit!* Dina Bednar and Geri VanEngen

Please come experience and learn the many layers and multiple levels of SFBT work with children. This workshop will focus on engaging, goaling, scaling, and exception-finding with children in creative and fun ways. This will be an experiential workshop and participants will walk away with strategies and tools. Let's have fun!

See previous page for Dina Bednar and Geri VanEngen's information.

D. *Solutions with Difficult Clients: Blending Aikido with Solution Focused Approaches:* Frank Thomas and Mark Mitchell

The principles of aikido, the "loving" martial art, are excellent metaphors and practice for SFTs. In this workshop, participants will learn, witness, and experience gentle aikido techniques that help the therapist follow the client's lead, help clients achieve their goals, and begin the miracle of no conflict.

Frank Thomas, PhD, LMFT, has been practicing SF therapy and supervision since the 1980's and has written and presented extensively on SF practice. He is professor of counseling at TCU in Fort Worth, TX and the SFBTA archivist, preserving the legacy of the Brief Family Therapy Center of Milwaukee, WI. Frank holds the rank of shodan (black belt) in aikido and teaches at the Mizu Aikido dojo in Fort Worth.

Mark Mitchell, MFT has been a solution-focused trainer, coach, and therapist for over 24 years. He trained with Insoo and Steve in Milwaukee in 1987. Mark is also an experienced martial artist in aikido, Brazilian jujitsu (BJJ), krav maga, and close-quarters combative. He also teaches yoga at SF conferences.

Program Workshop Descriptions: Session 5 (10:45-12:00)

E. *Solution Focused Anxiety Management: Transforming Anxiety to Courage, Coping, Appropriate Caution, and Choice:* Ellen Quick

This workshop explores solution-focused treatment of anxiety. We'll practice listening for the "Four Cs": courage, coping, appropriate caution, and choice. Together we'll brainstorm what (if anything) we do here that is different from what we do with other client concerns. We'll recognize and amplify lessons learned from our courageous clients.

Ellen Quick, Ph.D. is a clinical psychologist. She practices at Kaiser Permanente in San Diego, where she conducts solution-focused therapy and trains pre-doctoral interns in solution-focused practice. Ellen is the author of *Doing What Works in Brief Therapy* and *Core Competencies in the Solution-Focused and Strategies Therapies*, as well as many articles, and she has conducted research on solution-focused groups. Ellen has presented on solution-focused practice at SFBTA, EBTA, Milton Erickson Foundation conferences, and APA.

Program Workshop Descriptions: Session 6 (1:30-2:45)

- A. *Solution-Focused Behavior Management and Discipline for Children and Adolescents: Effective Strategies for Schools, Organizations, Treatment and Families:* Doug Anderson

Solution-Focused Behavior Management and Discipline for children and adolescents emphasizes client engagement in the change process and focusing on solutions, what works, and exceptions to the

problem. Participants will learn effective, time-efficient strategies supporting improved behavior and positive relationships with clients, staff and parents in schools, organizations, treatment and families.

Doug Anderson, PhD, LP, is currently a trainer and consultant with Solutions and Strengths, LLC Training and Consulting in Minneapolis. He is the principal investigator on a research project with the University of Minnesota evaluating the impact of incorporating Solution-Focused questions into traditional school functional behavioral assessments (FBAs). His background is in school psychology and special education.

B. *Excited about SFBT? Now what?: Teri Pichot*

In this workshop we will explore how to design your professional miracle and use these concepts to discover how to apply SFBT to its fullest within your current work setting. We will explore how to continue to grow along the solution-focused path even when those around you don't share your excitement and solution-focused way of thinking. This workshop is ideal for professionals from beginning to advanced, since the process of learning SFBT is an energizing, never ending journey. Join us!

Teri Pichot has worked extensively with individuals, couples, and families distressed by many issues including chronic mental illness, substance misuse, and domestic violence. Teri established her solid reputation when she transformed an outpatient, publicly-funded treatment program into one that is now internationally recognized for its innovation and effectiveness with externally motivated, dual diagnosed clientele. She is founder of the Denver Center for SFBT, where in addition to seeing clients, she provides international training and consultation to agencies and professional.

C. *Hope and Expectancy in Solution Focused Brief Therapy: Michael Reiter*

Common factors researchers hold that hope and expectancy are integral for change. Solution Focused Brief Therapy (SFBT) assists clients in utilizing and developing hope and expectancy of change. This workshop provides participants an in-depth explanation of how SFBT instills hope and expectation of change through its philosophy and therapeutic interventions.

Michael Reiter, PhD is an Associate/Asst. Professor at Nova Southeastern University and a psychotherapist. He has previously presented at SFBTA annual conferences and on SFBT at other national conferences. He has published in peer reviewed journals on SFBT.

Arlene Brett-Gordon, PhD is Director of the Brief Therapy Institute in the Department of Family Therapy at Nova Southeastern University, where she also teaches. Ms. Brett-Gordon trains professionals and paraprofessionals at Families Facing Solutions, Inc. She has previously presented at SFBTA annual conferences and on SFBT at other national conferences.

D. *The Art of Solution Focused Language: Calyn Crow*

In this workshop we will explore and discuss our appreciation of Solution Focused Language and how this impacts our clients and the greater community. Through Solution Focused Books, written and verbal excerpts and conversations from Steve de Shazer and Insoo Kim Berg we will have an in-depth exploration and discussion on the power of Solution Focused Questions, Compliments, and Exceptions. Through this exploration and discussion we will hit several major tenants of Solution Focused Therapy. *Calyn Crow*, MA, LPC, is in private practice in Denver, CO. She works with military personnel through Mental Health Net and in contract with the Department of Defense. She has published in the area of SFBT. Ms. Crow is also experienced as a trainer and consultant to organizations.

E. *Using Solution Focused Brief Therapy to Mediate and Manage Gang Violence: Penelope Griffith and Del McFadden*

This presentation will share the *Collaborative's* gang intervention model and provide insight into the "real time" application of solutions-focused practice. The model will cover how to respond to a crisis, team formation, family-based crisis intervention, mediation, and the prevention of retaliatory acts.

Penelope Griffith, LICSW is currently the Executive Director, Columbia Heights/Shaw Collaborative in Washington, DC. She has previously presented at SFBTA and at international SFBT conferences. Ms. Griffith is expert in Family Group Decision Making Model.

Del McFadden, is the Outreach Response Manager at Columbia Heights Collaborative in Washington, DC. He has experience in residential treatment of youth and behavior management in schools. He has presented internationally on SFBT.

Post Conference Day: November 18, 2012

***Using Microanalysis to Be Better SF Practitioner, Trainer,
Supervisor or Researcher (Day 2)***

Microanalysis of psychotherapy is the moment-by-moment analysis of actual language use in video-recorded sessions. This method is especially suited to SFBT's focus on language because it

makes the details of therapist-client interactions visible to the practitioner, trainer, supervisor, or researcher. There is an introductory pre-conference workshop on Basics, followed by a choice of three post-conference workshops on (a) practice, (b) training and supervision, or (c) research. It should be possible to take one of the post-conference workshops this year and another one at a subsequent conference. *The pre-conference MA Basics workshop on November 15 is a prerequisite for any of the post-conference choices.*

(IIa) Applying Microanalysis in SF Practice (Peter De Jong & Sara Healing)

How to use the principles and method of microanalysis to develop your own SFBT skills. The emphasis is on applying the material from the Basics workshop in your professional role. We continue to balance the presentation of new information with demonstrations, video, interactive discussions, and practice. Participants may wish to bring along a digitized video of something that interests them. *The pre-conference workshop is an essential pre-requisite.*

(IIb) Applying Microanalysis in SF Training and Supervision (Sara Smock Jordan & Christine Tomori).

How to use the principles and method of microanalysis in your teaching, training, and supervision of SFBT. The emphasis is on applying the material from the Basics workshop in your professional role. We continue to balance the presentation of new information with demonstrations, video, interactive discussions, and practice. Participants may wish to bring along a digitized video of something that interests them. *The pre-conference workshop is an essential pre-requisite.*

(IIc) Applying Microanalysis in Research (Janet Bavelas)

How to develop a microanalysis research project. Examples of completed projects will be presented, but the participants' own interests will also inform the workshop. Research methods include transforming an "interest" into a research project; defining and capturing that interest; finding an appropriate research design; and achieving inter-analyst reliability. Participants may wish to bring along digitized videos of something that interests them. *The pre-conference workshop is an essential pre-requisite.*

Peter De Jong, Ph.D., MSW is the co-author (with Insoo Kim Berg) of many journal articles and the book Interviewing for Solutions. Peter is an emeritus professor of social work who also has been an outpatient therapist and case worker, and led many trainings with practitioners working in mental health, family services, juvenile corrections and school settings. He currently works as a therapist, trains, consults, and conducts micro-analytical research on therapy conversations with several colleagues.

Sara Healing, see previous page for Sara's information.

Sara Smock Jordan, PhD, is an assistant professor at Texas Tech University in the Addictive Disorders and Recovery Studies Program. She has completed outcomes and process research on SFBT and is the co-author (with Teri Pichot) of Solution-Focused Substance Abuse Treatment.

Christine Tomori, see previous page for information.

Janet Bavelas, see previous page for information.

Reception and Poster Presentations: November 16

What works with “bipolar disorder”? Ask the clients!: A Solution-Focused Perspective: Vierling , Quick, and Batchelder

The ORCA (Observation-Reflection-Communication-Awareness) Method for Healthier Physicians and Happier Patients: Shklanka and Gerwing

Eliciting Expectations of Beneficial Change and the Neuropsychological Components: Koorankat, Mukherjee and Ashraf

Using SFBT with Disabled Clients: Atchley

Celebrating Solutions in the Integration of Solution-Focused Therapy and Financial Counseling/Planning: A Pilot Study: Archuleta and associates

Working with GLBTQ Clients: A Solution Focused Approach: Andrews and Jordon

Poster Descriptions:

What works with “bipolar disorder”? Ask the clients!: A Solution-Focused Perspective: Vierling, Quick, and Batchelder

This poster summarizes what works to grow stability among people who have been diagnosed with bipolar disorder. Bipolar support group members—and their therapists—completed solution-focused questionnaires. Qualitative analysis of the responses is presented here. Introducing a solution-focused perspective appeared to be useful to these people in multiple ways.

The ORCA (Observation-Reflection-Communication-Awareness) Method for Healthier Physicians and Happier Patients: Shklanka and Gerwing

ORCA is designed to improve family medicine residents’ interviewing skills and resilience. ORCA encourages communication, reflection and mentoring, with one-to-one conversations about videotaped resident-patient encounters, addressing the gap between (1) professional values and moment-by-moment practice and (2) residents’ perceptions and what is observable. We outline ORCA’s core ideals and activities.

Eliciting Expectations of Beneficial Change and the Neuropsychological Components: Koorankat, Mukherjee and Ashraf

The poster presentation focuses on explaining the neuropsychological changes that happens during solution oriented therapeutic process. While the therapist Expectations of Beneficial Change, there is a parallel shift in the cognitive affective schemata of the client, which enhance the emotional process, decision making, planning, problem solving, set shifting ability, working memory etc. This directs the client in solution building and take of the emphasis on the problem.

Using SFBT with Disabled Clients: Atchley, DeGraff, Sorenson, and Smock

Brief Description: This poster presentation will discuss the results of data collected on the perceptions of disabled persons. Sensitivity tips for using SFBT with disabled clients will also be discussed. This poster aims to provide practical tools for training SFBT clinicians.

Celebrating Solutions in the Integration of Solution-Focused Therapy and Financial Counseling/Planning: A Pilot Study: Archuleta , Bell, Ingram, Irwin, Grable, White

Traditionally, financial practitioners have focused on clients' negative behaviors that led to their financial problems. A pilot study using SFT tenets was applied to financial counseling/ planning sessions and conducted with college students at a Midwestern university. The poster will display results from pre-test, post-test, and 3-month follow-up data.

Working with GLBTQ Clients: A Solution Focused Approach: Andrews and Jordon

This poster will discuss specific issues that arise when working with GLBTQ clients. Suggestions will be given on how to increase awareness of GLBTQ issues in a solution building manner. In addition, an example of using SFBT with GLBTQ individuals and couples will be provided.