Pre-conference Workshops

Wednesday, November 5th, 9:00 am to 4:30 pm

Deepening Our SFBT Skills: Advanced Two-Day Pre-conference Workshop – Day 1

Peter De Jong, Jocelyne Korman, & Harry Korman

Steve de Shazer wrote: “Therapists are interested in the doing of therapy and..., only the observation of sessions or watching of videotapes of therapy sessions can give them the ‘data’ they need [to better understand how to do therapy and to deepen their skills].”

In this highly interactive and collaborative workshop for experienced SFBT practitioners, we will review clips of the participants’ sessions with clients (or supervisees) to gain an even richer sense of how to, more purely and simply, conduct SFBT conversations. Our goal is to deepen our skills by working directly with SFBT dialogues versus talking more generally about cases. To that end, participants are asked to come to the workshop with: 1) a 3-5 minute clip and transcript of the beginning of one of their sessions, and 2) a second 3-5 minute clip and transcript of a particularly rich or challenging segment from later in a session. Throughout the video and transcript reviews to be conducted in both large and small groups, we will focus on distilling the essence of how to be solution-focused with our clients and supervisees, including both looking for what is working and together generating even more possibilities for useful SFBT dialogue. In addition to video review, there will be opportunities to expand skills through practice. The leaders, active in microanalysis research and mentoring using video, will share ideas about how to use Elan software to enhance video review of sessions. Given the language skills of the leaders, participants may bring clips from sessions conducted in English, French, or Swedish.

Note: Please bring your video clips and transcripts on a memory stick -- video formatted in mpg or wmv and transcripts in Word. Be sure to obtain releases from clients and/or supervisees. If you are unable to obtain client or supervisee releases for video recording, consider bringing an audio recording and transcript of the 3-5 minute segments of dialogue described above. Another possibility would be to record a role-play session and bring clips and transcripts from it. If you have questions about the workshop, contact Peter De Jong (pdejongsf@gmail.com)
Thursday, November 6th, 9:00 am to 4:30 pm

Deepening Our SFBT Skills: Advanced Two-Day Pre-conference Workshop – Day 2
Peter De Jong, Jocelyne Korman, & Harry Korman

SFBT 101: An Introduction to Solution-Focused Brief Therapy, Clinical and Organizational Applications.
Joel Simon and Monica Rotner

Since our second conference in 2004, SFBTA has offered an introductory workshop for those who have had little or no prior solution-focused experience and who want to learn the philosophy, assumptions, and practice of this approach so that they can better enjoy the conference. Joel is an experienced solution-focused brief therapy clinician, trainer, and author. Monica brings experience in applying solution focused principles to organizational development and management. You can expect a mix of presentation, sample videos, experiential exercises, and discussion on both clinical and management applications.

I'm Almost a 10! And Other Proclamations of Solution-Minded Children
Pam King

Participants will leave this day-long interactive workshop with new ideas and new energy for their work with children and families. Solution-Focused Brief Therapy (SFBT) is especially suited to children due to the inherent playful, explorative tone of the therapy. Parents and other members of the child’s system find the respectful, collaborative approach of solution-focused conversations refreshing. Using play activities and toys as conversational tools forms an ideal bridge for therapists to work with children and families together and provides a way to harness the full power of therapeutic conversations. The innovative conversational tools Play Scaling (scaling adaptation ideal for children) and Future Play (active depiction of a preferred future) will be introduced through video and discussion. Participants will have the opportunity to discuss and practice these and other SFBT techniques. Parents, children and therapist are a collaborative team in designing a future defined by solutions and hope rather than problems. This same spirit of collaboration will be evident throughout the workshop. This workshop is suitable for those working with children in various agency, school and religious settings. Due to the collaborative nature, the training will be equally beneficial to a newcomer as to an experienced practitioner.

Research Day

The SFBTA research committee is hosting our annual pre-conference research meeting. The purpose of this workshop is to gather practitioners and researchers together to
spend the day talking about topics pertaining to SFBT research and practice. Free meeting for SFBTA conference attendees interested in solution focused research and all are invited to attend.

For Questions Please Contact: Adam Froerer, PhD, afroerer@argosy.edu

**Friday, November 7th**

7:00 am to 7:45 am: Yoga and Stretch, Santa Fe style, Mark Mitchell

7:30 am to 8:30 am: Registration

8:30 am to 9:00 am: Welcome and Orientation

9:00 am to 10:15 am: Opening Plenary: Change and Continuity – The Dance of Symbols in Solution-Focused Practice.

Gale Miller

10:15 am to 10:45 am: Break

**Concurrent Session #1, Friday, November 7th, 10:45 am – 12:00 pm**

A. **Integrating Other Models and Theories with Solution Focus: A Discussion**

   Joel Simon

   In recent years there has been a movement toward “integrating” other models within SFBT practice. This is a discussion group focused on addressing the important question of whether such integration enhances SF practice.

B. **Enhancing Solution Focused Self-Help Skills**

   Ross Kremsdorf

   This interactive workshop aims to examine how a Solution Focused Therapist can help a client better maintain progress after discharge. Since little has been written on assisting clients to maintain therapeutic gains after termination, participants will discuss ways to enhance SF treatment and identify key skills that promote Solution Focused Self-Help

C. **Weaving Solutions: Old & New Healings with Moral Injury & PTSD**

   Mark Mitchell

   This workshop will blend solution focused practices, the new, with more traditional forms of healing for moral injury & PTSD. A look at the miracles of what community, culture, & tradition offer to help moral injury & PTSD with a particular solution focused emphasis.
D. Solution Focused Brief Therapy as a Method of Treatment for at Risk Youth and Families

Kristin Bolton, Robert Blundo, Cynthia Franklin, Catheleen Jordan and Peter Lehmann

This workshop is premised in the use of solution focused brief therapy as a method of treatment for at risk youth and families. It aims to be relevant and useful for brief therapy practitioners who work with at risk youth and families in both individual and group settings.

E. The Therapist Checklist: Enhancing SFBT Work with a Therapist Checklist

Dina Bednar and Geri VanEngen

Surgeons use them, pilots use them, mechanics use them, why can’t we? A checklist can be like a good co-therapist in a session – it keeps you on track. This interactive workshop will give you ideas on how to develop your own personalized checklist to enhance your SFBT work.

F. Sandtray and Solution-Focused Supervision: Use of an Expressive Art to Build on Supervisee Strengths

Marcella Stark

This workshop will explore the use of sandtray in solution-focused supervision. Through discussion and experiential activities, participants will learn several applications of sandtray that complement a solution-focused approach (e.g., not knowing stance, use of miracle question/fast-forwarding in goal formation) to clinical supervision.

Concurrent Session #2, Friday, November 7th, 1:30 pm – 2:45 pm

A. SFBT Lacks a Theory:” True or False?

Sara Jordan, Peter De Jong, Janet Bavelas, and Harry Korman

Come join us for a presentation and lively discussion of this common but highly debatable topic in SFBT. We will draw on your views, Steve de Shazer’s writings, a SFBT video, and small and large group activities to build more clarity among us on this important topic.

B. Compliments and Not-Knowing: When Vague is Good

Frank Thomas

Compliments can impose one's views and conclusions, no matter the sincerity. So how can one draw attention to a possible strength or success without imposing? Come learn and practice the art of indirect complimenting to favor client's experiences and maintain our not-knowing stance. Jocularity guaranteed.
C. **Darkness to Light-A Solution Focused Approach**

*Brenda Zalter-Minden*

This workshop allows participants to apply a solution-focused approach to individuals and families coping with chronic illness and navigating the journey through loss and grief. Participants will learn how to assist people in identifying and strengthening their current coping strategies and resilience through the use of stories and experiential exercises.

D. **Using Solution-Focused Brief Practice in Agency and Professional Peer Settings**

*Teri Pichot*

The Use of Solution-Focused tools and the unique way of thinking can be useful far beyond the therapy room. This workshop will explore ways to use the solution-focused approach in a wide variety of professional settings to shift staff/peer focus from problems to miracles.

E. **A Solution Focused Approach to Working with Military Families**

*Calyn Crow*

This workshop will address unique challenges that military families may experience. The presenter will share aspects of therapy that members of the military indicated were important and helpful to them. This workshop will explore and discuss specific tenets/questions of SFBT related to the aforementioned aspects. The audience will have an opportunity to share what experiences they have had using SFBT and what difference it has made with their client’s.

F. **Organizational Change: One Solution Focused Workshop at a Time**

*Elaine Ash*

This workshop will highlight the successes of one organization’s persistence in becoming solution focused. It is not often that an organization working with the most disenfranchised populations strives to recognize and embrace the client as the expert in their own lives. Learn how this was accomplished one solution focused workshop at a time.

Concurrent Session #3, Friday, November 7th, 3:15 pm – 4:30 pm

A. **The Solution Focused Salon: A Gathering to Inspire Solution Focused Thinking and Dialogue**

*Denise Krause*

The facilitator will invite participants to create a “Solution Focused Salon” experience that can be replicated in any setting. The “Salon” offers the opportunity to set a “here-and-now” agenda; engage in dialogue; raise questions; pose ideas; and stimulate thinking on the meaning, utility, and promise of solution focused processes.
B. Bringing Solution Focused Therapy into Emergency Room Risk Assessments

Phillip Wright, Jas Badesha and Chloe Cole

Decisions are made every day in Emergency Rooms about how to assess client risk and what to do about it. This workshop will use videotaped work with clients to facilitate a discussion with participants about how the use of Solution Focused Therapy can improve crisis assessment, triage, and intervention.

C. Creating Opportunities for Solution-Building Before the First Session

Christopher Richmond

The presenters will discuss a variety of solution and goal focused questions that mental health practitioners can utilize in their intake paperwork forms. The presenters will share SF questions they utilize in their intake forms. Participants will be given opportunities to practice utilizing this client information in client-practitioner role-play dyads.

D. Staying Solution Focused within a Medical Model

Kestrel Hanson and Marja Davis

This presentation will focus on utilizing SFBT within an integrated care system where the medical model culture meets a solution focused approach. We will navigate the cultural differences between the provider, patient, and SFBT while working within the medical model.

E. Scaling – How Do We Measure Up?

Cami Boyer

Scaling questions are one of the interventions widely used in SFBT. When used well, scales can help us gain information, empower a client, assess safety, and discover exceptions. This workshop will look more in depth at using scales to help clinicians gain confidence in using the helpful intervention.

F. Developing Common Solutions with Couples

Samira Garcia and Jenna Wilson

Applying SFBT with couples can present special challenges. To address these concerns we will use excerpts from a famous SFBT couple’s case to show participants how to employ a circular process throughout the five SFBT stages in their conjoint sessions to build common solutions relationally with each partner’s individual focus.
Concurrent Session #4, Saturday, November 8th, 9:00 am – 10:15 am

A. **Multiple Layers of Solution Focused Supervision: MFT Training**

   Carol Messmore, Arlene Brett Gordon and Michael Rolleston

   Solution-focused supervision is a transparent exercise, with each member encouraged to explore the client/family story and discover new possibilities. As collaborator/facilitator, the solution-focused supervisor focuses on strengths that engage each supervisee to be proactive in their own change. Supervision of supervision as isomorphic to solution-focused practice is also presented.

B. **Solution Focused Therapy and Recovery Model: Bringing SF Precision to Recovery Model Shared Values**

   Lisa Graham, Dvorah Simon, Mindy Jones, Rachel Coleman, Trina Richardson, Patrick Vermont and George Webb

   The Veterans Administration has committed to a paradigm shift away from a medical model and towards “Recovery Model.” Recovery Model and Solution Focus share many values, with SF providing tools through which these values can be realized. A Recovery Center team discusses their adoption of SF with an SMI population.

C. **Surviving the School Years: Solution Focused Ideas for Supporting Every Student**

   Vicky Essebag, Shelley Joffe, Barbara Klerer-Goldenberg and Francesca Maietta

   The presenters are long standing educators and Solution Focused counselors/therapists in the public school system in Ontario, Canada. They have been incorporating the Solution Focused approach to communication in their own schools and schools throughout their region. They will share solution focused practices that support student success.

D. **The Brain, the Proof and SFBT**

   Carlos Davidovich

   Why are questions so powerful and how do they influence our brain? How does the SFBT approach facilitate the positive outcome of our Client’s situation? This interactive workshop will share and discuss the latest findings about the brain that supports the SFBT approach in therapy and coaching applications. Participants will have an opportunity to bring their own cases for role playing.

E. **Creative Solution-Focused Activities for Children and Adolescents**

   Carol Buchholz Holland

   Participants will learn about creative Solution-Focused activities that can be used with children and adolescents. In addition, the presenter will share new activities she developed which incorporate science and technology into the therapeutic process. Participants will also be encouraged to share their best practices for working with children and adolescents.
F. **The Stories We Tell**

Brigitte Lavoie

This workshop offers a space to share some of our metaphors and stories about SFBT. The participants are invited to bring and share their own— the ones they use to explain a basic tenet, a specific technique, or how SFBT works. The facilitator will share a few, some of them generously offered by her clients.

Concurrent Session #5, Saturday, November 8th, 10:45 am – 12:00 pm

A. **Solution-Focused Writing Workshop**

Heather Fiske

This workshop is inspired by years of hearing exhortations from Steve deShazer and Insoo Kim Berg to “Write that Up!”. Participants should bring their vague thoughts, half-baked ideas and even actual plans for writing up the good work they are doing. We will endeavour to move these plans and ideas forward using a sequence of solution-focused questions.

B. **Using Solution Focused Brief Therapy to Manage Gang Violence**

Penelope Griffith

This presentation will share the Collaborative's gang intervention approach 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 using Family Group Conferencing (FGC), restorative practice, and the prevention of retaliatory acts.

C. **Military Children in the Middle: A Solution-Focused Intervention**

Jessica Martin, Melissa J. Rodriguez and Jaqueline Coppock

The focus of this workshop is to highlight the efficacy of solution-focused therapy (SFT) on military children who are experiencing difficulties as a result of parental military deployment. The presenters will discuss the nuances of military culture, parental deployments, and provide a brief case study where SFT was effectively utilized.

D. **Building Hope in Solution-Focused Brief Therapy**

Jenna Wilson and Samira Garcia

Despite its importance in Solution-Focused Brief Therapy, how SFBT therapists can develop hope in the solution building process is often unexplored in training. To remedy this shortcoming we will use a series of exercises to help participants learn to build four different yet related hopefulness patterns with their clients.
E. **Just Situations**

Tomasz Switek

This workshop will present the Situation Focused Model, developed within the tradition of SFBT. Supported by short video clips (in "Polish" English), we'll describe some specifics of this model on theoretical and practical levels. Participants can expect video samples, short presentations and joining in short exercises. We will also share SF experience gathered on the basis of the Polish reality and hear about your ideas based on different backgrounds.

F. **Solution Building Language Games: The Power of Solution Focused Conversation**

Brian Milliken

The tenets of Solution Focused Brief Therapy will be discussed using the framework of Ludwig Wittgenstein’s Language Games. Participants will gain a deeper understanding of the concepts of Solution-Focused conversation by the introduction of the Talking Stick as a means to teach the Miracle Question and Scaling processes in SFBT.

Concurrent Session #6, Saturday, November 8th, 1:30 pm – 2:45 pm

A. **Context as moving target: SFBT as evolving news of difference**

Dvorah Simon

Everyone comes to SFBT from different contexts (eras, models, interests). How does our approach context influence what matters to us as "news of difference" about SFBT, and how can we take context and prior learning into account when introducing SFBT to others, whether training students, or simply schmoozing with colleagues?

B. **SFBT and Worrying: Noticing How People Transform Their Worry**

Ellen Quick

This workshop considers how SFBT addresses worry. We'll brainstorm what people do instead of (and in addition to) worrying and what is different when worry is present but not a problem. We'll explore ways of inviting people to transform worry into solutions that emerge from their own lives.

C. **Utilizing SFBT with LGBT Clients**

Marc Coulter and Rebekka Ouer

This interactive and informative workshop will address the application of SFBT with clients in the LGBT community. We will provide case examples from our work with the LGBT community and help participants identify what works in their work with this unique population. We will address the benefits of using a solution-focused approach with individuals, couples, and families in the LGBT community. Discussion and activities will focus on increasing awareness, comfort, and competency when working with these populations.
D. **Creating hopeful futures: Using the Miracle Question as an intervention with challenging couples**

Michael Rolleston and Carol Messmore

The Miracle Question is an effective intervention with couples presenting with little hope for change. In this presentation, video clips of the development of the therapist-client relationship, exploration of exceptions, and the use of the Miracle Question demonstrates how two clinicians have successfully created hope with challenging couples.

E. **Marketing Your Coaching Practice**

Lincoln Holnes

The workshop provides practical and effective tools for the coaching practitioners to market and expand their businesses adopting solution-focused methods.

F. **Why School Counselors need SFBT in Turkey?**

Ümüt Arslan

This study address the importance of solution focused brief therapy for school counselors in Turkey. Questions about using SFBT in Turkish culture with multicultural perspective will be also delivered.

**Closing Plenary: Interactive Panel 3:15 pm to 4:30 pm**

Topics and issues relevant to the future evolution of the SFBT model and community.

**Poster Presentations, Friday, November 7th, 5:00 pm – 7:00 pm**

**Effectiveness Of Solution Focused Brief Therapy In The Reduction Of Test Anxiety In A Nigerian Private Tertiary Institution**

Elizabeth Egbochuku

The efficacy of SFBT as indicated by a test anxiety reduction measure was studied. There was a significant difference in the efficacy of SFBT as regards test anxiety reduction measure; meaning the treatment plan was effective, which led to a reduction in the post test score of the experimental group.
Becoming Therapeutically Bilingual as a Medical Doctor
Norio Mishima

Distinguishing the SFBT model from a medical one is important to learn SFBT. When treating patients, using the best of your knowledge and skills is important. Doctors can help patients better, if they are bilingual, knowing both SFBT and medical models. The author will describe how to become therapeutically bilingual in medicine.

Supervisor in Training: A Solution-focused (SF) Approach to Supervision
Jessica Martin, Melissa J. Rodriguez and Jaqueline Coppock

A Solution-Focused (SF) approach to therapy provides a framework that can be applied in supervision. Solution-Focused Supervision (SFS) is efficacious for doctoral-level therapist in training because it provides a point of reference, while building the supervisor-supervisee relationship. This poster session underscores the effectiveness of SF in a supervisory context.

Treatment Effects of Solution-Focused Group Therapy on Repeated Drug-related Offenders
Kenji Yokotani

Treatment effects of solution-focused group therapy on repeated drug-related offenders were compared with the effects of narcotics anonymous group therapy and mail-feedback treatment.

Solution-Focused Wellness Coaching
James Beauchemin and Mo Yee Lee

A Solution-Focused Wellness Coaching (SFWC) model is proposed that provides a health and lifestyle change approach. The SFWC model integrates principles of SFBT with multi-dimensional wellness to support clients in achieving balance across multiple domains of wellness. Implications for healthcare, counseling, and the exercise and fitness industry will be discussed.

Does SFBT Work Down Under? The Story So Far
Judi Miller

At the University of Canterbury, New Zealand, we offer a Master of Counselling degree in which solution-focused counselling is the foundational model of practice. Two years ago, we introduced a research portfolio requirement where students are encouraged to conduct a comprehensive piece of research in which they examine their own solution-focused practice in a systematic and non-defensive manner. Our aim is to create a rich collection of practice-based evidence that demonstrates the value of solution-focused counselling for counsellors in New Zealand. In this poster presentation, I will discuss the debates associated with evidence-based research and practice-based evidence.
Doing What Works, Doing Something Different: The Formation and Development of a Solution Focused Parenting Group

Dina Bednar, Geri VanEngen, Mark Fernandes and Tammy Dunn

This qualitative study traces the development of a Solution-Focused Drop-in Parenting Group at a Children’s Mental Health Clinic in Hamilton, Ontario, Canada. This research also examined what participants said was helpful about the group, the effects of the group on the participants and their families, and “what was better” afterward.

Rediscovering and Redefining the Team Behind the Mirror

Dina Bednar, Geri VanEngen, Mark Fernandes and Tammy Dunn

This poster considers the experience of a group of SF colleagues and their rediscovering of the utility of having a “Team behind the Mirror”. In revisiting the idea of using a team these therapists considered the original format of the “Team behind the Mirror” and decided to experiment with ways to change it and make it more useful to their practice. This research traces their experiments.