

**2007 Conference on Solution Focused Practices
November 3-4, 2007, Toronto Ontario, Canada**

Conference Schedule and Program

Welcome to the 5th annual conference of the Solution Focused Brief Therapy Association.

Thursday, November 1, 2007 (Preconference)

8:00 AM—9:00AM Registration and coffee

9:00 AM—4:00 PM Program

- *Training for Trainers* (Day 1): Peter De Jong and Lance Taylor
ROOM 2A/2B

Friday, November 2, 2007 (Preconference)

8:00 AM—9:00 AM Registration and coffee

9:00 AM—4:00 PM Programs

- *Training for Trainers* (Day 2): Peter De Jong and Lance Taylor
- *Research Day*: Janet Bavelas, Sara Smock, Christine Tomori, Jennifer Gerwing, and Sarah Healing
- *SFBT 101*: Joel Simon and Teri Pichot
- *SFBT 201*: Yvonne Dolan
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Saturday, November 3, 2007

7:00 AM – 8:00 AM Yoga Mark Mitchell

7:30 AM – 8:30 AM **Registration**
Coffee, Book Sale (Caversham's)

8:30 AM Program Begins

8:30 AM – 10:15 AM Welcome
Plenary 1: A Tribute to Insoo Kim Berg
Yvonne Dolan

10:15 AM—10:45 AM **Break**, coffee, book sale

10:45 AM – 12:00 NOON **Workshop Session 1**

1. *Integrated Services: SFBT in a Primary Health Care Setting*
Clare Scott, Michael Dow, and Karen C. Brown

In 2003, 54% of people with mental health issues were served in a primary care setting. The Integrated Services Project has SFBT Clinicians on each medical team in our clinics. A dialogue will have two aims: to share our model and hear feedback from experts.

2. *Collaborating on Behalf of Children: Working Inside-Out and Outside-In*
Keren Chansky Suberri and Myron Gessner

A forum for practitioners from multiple disciplines (e.g., mental health, medicine, nursing, education, speech and language, occupational and physical therapy), who are based either inside or outside agencies, hospitals, residential treatment, or schools to share ideas for solution-focused collaboration with and on behalf of children.

3. *35 Questions* Chris Iveson

"Get a number" said Steve, gruffly. On that day it was 4 and saved a life. Technique and minimalism: the context of solutions in brief therapy.

4. *Application of Solution Focus to Bereavement Counseling*
Joel Simon

The professor stated that while SF can be useful, she didn't see how it could be applied to grief work. The hospice student intern replied, "we do." Through presentation, role play (time allowing), and video examples, this workshop explores how SF can help those who have experienced a loss to move on.

5. *Second Order Change in Solution Focused Brief Therapy*
Ellen Quick

It has been proposed that the "golden thread" that unifies effective treatments is second-order change, something that alters previous "rules," patterns, or assumptions. In this workshop, we will explore the many ways SFBT creates second-order change in clients, therapists, and systems.

6. *A Study of Intake and Assessment in Solution Focused Brief Therapy*
Christopher Redmond, Gary Bischof, and Eric Sauer

This dissertation study was designed to investigate differences between a Solution-Focused Brief Therapy intake assessment and the Structured Clinical Interview for DSM-IV on measures of counselor credibility; session depth, smoothness, positivity, and arousal; outcome optimism and goal clarity; and client's current level of distress.

12:00 NOON – 1:30 PM

Lunch (On your own), book sales

1:30 PM – 2:45 PM

Workshop Session 2

1. *A Multidisciplinary Solution-Focused Healthy Lifestyle Group for Persons With Mental Illness* Lisa Murata

People who receive mental health services at the Royal Ottawa Mental Health Centre requested help in improving their physical health. An interdisciplinary group proposed a research project to address these needs. A Solution-Focused group was developed to help group members attain their goals.

2. *A Couple of Solutions (Part 1)*
Thorana Nelson and Frank Thomas

In this back-to-back pair of workshops, we will first interview a couple portrayed by actors and then, in the second breakout, interview the ‘therapist’ and the actors about the session. This presentation will demonstrate principles of SFBT and help participants understand the thinking of the therapist, who is a seasoned solution-focused therapist.

3. *Classroom Solutions: WOWW Approach - Currents Trends and Research*
Michele Liscio and Lee Shilts

This workshop will present the basic tenets behind the WOWW Approach. There will be an update on current trends with WOWW as it gains acceptance around the world. The workshop will also present current research data which supports the effectiveness of WOWW.

4. *Insoo Reflects on the Early Years at BFTC and the Origins of SFT*
Peter De Jong

A 40 minute interview with Insoo Kim Berg broken into clips in which she describes how SFT originated, developed, and took hold. After each clip, participants share impressions and insights about what fosters the invention of SF techniques, thinking, and programming.

5. *Scaling as a Solution Focused Brief Tool*
Tara Perry and Janet Wilson

After a brief overview of the use of scales in SFBT, participants will observe, practice, and discuss scaling in an effort to explore the question, "what works?" in the use of scaling in SFBT.

6. *Solution-Focused Groups with Clients Diagnosed with HIV/AIDS*
Adam Froerer, Martha Morgan, Kim Simon, Sara Blakeslee, Ryan Seedall, and Sara Smock

This presentation outlines the unique challenges faced by persons infected with HIV/AIDS, and proposes solution-focused brief therapy groups as an effective method to aid this population. Rationale for the use of SFBT groups is provided. In addition, an outline for a six-week group is presented as a template for clinicians and practitioners.

2:45 PM—3:15 PM **Break**, refreshments, book sales

3:15 PM – 4:30 PM **Workshop Session 3**

1. *Searching for Solutions: Strengthening the Bridge between Solution Focused Brief Therapy and Our Inpatient Model of Practice*
Tanya Tonelatto, Sarah Qoun and Gail Edwards

Solution Focused Brief Therapy is established philosophically within the Tidal Model which represents our approach on Inpatient Mental Health. This interactive presentation will draw the parallels between SFBT and this model. Our hope is to

gain an understanding of how to apply SFBT to nursing practice and take these lessons learned to our unit.

2. *A Couple of Solutions (Part 2)*

Thorana Nelson and Frank Thomas

In this back-to-back pair of workshops, we will first, interview a couple, portrayed by actors and then, in the second breakout, interview the 'therapist' and the actors about the session. This presentation will demonstrate principles of SFBT and help participants understand the thinking of the therapist, who is a seasoned solution-focused therapist.

3. *SFT with Children and Youth: Creative Settings, Strategies, and Techniques*

Jeff Chang

In this discussion, participants will describe and discuss innovations in SFT with children and adolescents. After a conceptual overview, participants will be asked to contribute their creative ideas. These could include adaptations of SFT to specific treatment settings and adaptation of SF practices to children and youth.

4. *Leading and Following: Solution Focused Tango*

Cynthia Hansen

The nuances of leading and following between client and therapist, maybe one step behind, maybe tapping on a shoulder, will take a lifetime to master. In this workshop, the metaphor of tango will allow participants to experiment with these dynamics and share insights.

5. *Solution-Building Questions as Compliments*

Dan Gallagher

Compliments in solution-building do not just appear out of nowhere near the end of a meeting. They are usually a result of skillfully and carefully asked questions throughout the meeting. It could be said that the questions themselves are perceived as compliments by many clients.

6. *Accountability for Solutions: Role of Self-Determined Goals in Working With Domestic Violence Offenders*

Mo Yee Lee, Adriana Uken, and John Sebold

The program will explore the role of self-determined goals in treating domestic violence offenders and present findings of a study.

5:30 PM – 7:00 PM

Poster Presentation, Wine and Cheese (cash bar)

7:00 PM – 10:00 PM

5th Annual Conference Banquet
(Prepaid Banquet Registrations Only – Cash Bar)

Sunday, November 4, 2007

7:00 AM – 8:15 AM

Yoga Mark Mitchell

8:00 AM – 9:00 PM

Registration, Coffee

9:00 AM – 10:15 AM

Workshop Session 4

1. *Introducing Solution Focused Practice in a Short Stay Mental Health Unit*
Martina Maclean and Darcy Jessen

With less than one year under our belts, we will share our learnings and invite conversation about how to continue to implement Solution Focused Practice into a traditional inpatient short stay psychiatric unit.

2. *Solution Focused Spirituality*
Mark Mitchell

This discussion group will cover which aspects of solution focus make it particularly spiritual and how we help clients access their own spiritual resources.

3. *Miracle Question*
Teri Pichot

This workshop will take an in-depth look at the miracle question and how to use it effectively with mandated and otherwise "difficult" populations. The five necessary elements will be discussed as well as various ways to achieve clinical depth and meaning. The hows and whys behind this question's effectiveness will also be discussed and demonstrated in this interactive workshop.

4. *Solution Focused Sex Therapy*
Terry Trepper, Sophia Treyger, and Jennifer Yalowitzh

This will be a guided discussion on applying the SFBT approach to the treatment of sexual dysfunctions and disorders. Participants will be encouraged to discuss their own experiences applying SFBT to the treatment of sexual problems.

5. *Solutions Focus in UK College Management*
Alan Kay and Shaun Lincoln

Solution focus use in organizations has been growing in Europe. The UK college system has embraced new management tools such as solutions focused coaching. Learn how this approach is helping transform those organizations. Discuss the cross-learning opportunities between therapy and organizations.

6. *Teaching Solution-Building Skills to Helping Professionals*
Ron Warner

Provides an opportunity for the participants to share best practices in teaching/training non mental health professionals. The presenter will begin by introducing an approach illustrated in his recent book "Solution-Focused Interviewing: A Tri-Phase Approach to Using Strength-Based Questions within a Positive Psychology Framework,"

10:15 AM—10:45 AM **Break, coffee**

10:45 AM – 12:00 NOON **Workshop Session 5**

1. *Searching for Miracles – Using a variation of the Miracle Question in Single Session Inpatient Group*
Rita Wilder Craig

A presentation on the challenges of doing inpatient group therapy with a diverse population. An example will be presented using a variation of the "miracle question," using drawing, which the writer has found to be particularly helpful.

2. *Puppets, Parachutes and Pandora's Box: Solution Focused Therapy in Action*
Elaine Ash

Participants will have the opportunity to experience solution focused therapy come alive with the use of inanimate objects and other creative tools. Participants will have an opportunity to learn and practice how to have fun while building solutions one step at a time.

3. *Using Solution Focused Skills to Respond to Gang Crises*
Penelope Griffith

The Columbia Heights Shaw Collaborative in Washington, DC has pioneered the combined use of Solution Focused Practice and Family Group Conferencing to address issues of violence. This presentation will share the Collaborative's intervention model, approach to crisis team formation, family intervention, and prevention of retaliation.

4. *Exploring Our Personal Genius in SFBT Work*
Dvorah Simon and Patricia Casamo

When asked how to get good at SFBT, Steve de Shazer said, "just do it!" Come and discuss your personal genius in how you do SFBT. What inspires you? What gifts do you bring? What do you love about it? What's your special take?

5. *Resources Transfer in SFT*
Josée Lamarre

In this workshop, the participants will learn how to transfer the strengths, resources and talents that clients bring to therapy and channel them into their presenting problem areas. This «utilization» strategy, combined with a SF approach, greatly contributes to the client empowerment process.

6. *Solutions for Solution-Focused Weight-loss Groups*
Lisa Bynoe

The first part of this presentation will review a recently held Solution-focused Weight-loss Group, including the pre-interviews, the group process, follow-up and

conclusions. The second part of this presentation will involve a discussion regarding recommendations for future groups and research.

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| 12:00 NOON – 1:30 PM | Lunch (On your own) |
| 1:30 PM – 2:45 PM | <u>Plenary II:</u>
<u>Solution-Focused Aid: An Emerging Concept</u>
Arild Aambø, Norway |
| 2:45 PM – 3:15 PM | Break, refreshments |
| 3:15 PM – 4:30 PM | <u>Solution-Focused Aid: An Emerging Concept</u>
(continued) |
| 4:30 PM | Closing |

Monday, Nov. 5 to Wednesday, Nov. 7, 2007 (Post-Conference)

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| 9:00 AM—4:00 PM daily | <i>Microanalysis of Communication: A Three-Day Workshop</i>
Janet Bavelas, Jennifer Gerwing, Sarah Healing, and
Christine Tomori (all Department of Psychology, University
of Victoria, Victoria, Canada) |
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