2008 Conference on Solution Focused Practices

November 12 - 15, 2008

The University of Texas at Austin
AT&T Conference Center

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THE UNIVERSITY OF TEXAS AT AUSTIN
SCHOOL OF SOCIAL WORK

&

Solution Focused Brief Therapy Association

2008 Conference on Solution Focused Practices

Join colleagues for this annual gathering of practitioners and researchers in the field of Solution Focused Practices!

CO-SPONSORED BY

The University of Texas at Austin
School of Social Work
www.utexas.edu/ssw/ceu
and
The Solution Focused Brief Therapy Association
www.sfbta.org

AUSTIN AND CENTRAL TEXAS

Austin is located on the shores of the Colorado River and is adjacent to the Texas Hill Country. While the city is the capital of Texas, Austin has maintained a culture and feel that is friendly and eclectic. Nicknamed the "Live Music Capital of the World", Austin has more than 120 live music venues offering a complete range of musical styles from rhythm and blues and southern jazz to country/western and classical.

Average high temperature in Austin in October is 70°; the average low overnight temperature is 49°. Buildings are generally heavily air conditioned, and since comfort levels vary widely, you may wish to bring a light jacket or sweater to wear during workshop sessions.

For those who like to blend business and pleasure, recreational activities and other diversion abound in the Austin area. The Highland Lakes, a 150-mile chain of lakes created by a series of dams on the Colorado River wind their way through the hill country to the west of Austin. The famous Barton Springs, a 300 foot-long spring-fed natural swimming pool is located within the 360-acre Zilker Park on the shores of Town Lake in downtown Austin.

For more information about Austin, Texas go to:

http://www.meetattexas.com/austin.html

http://www.austin360.com

http://www.austinchronicle.com/

CONTINUING EDUCATION CREDIT

The pre-conference sessions, keynotes and workshop sessions of this conference are approved for CEUs for Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists by The University of Texas at Austin School of Social Work. Licensed professionals from these and other disciplines should submit conference CEU documentation to their licensure agency to determine reciprocity with Texas and U.S continuing education credit.

Conference sessions offer the following CEUs:

11/12 – 11/13 Pre-conference Training of Trainers: 10 CEUs

11/13 Pre-conference 101 or 201: 5.0 CEUs

11/14 Conference Day 1: 5.0 CEUs

11/15 Conference Day 2: 5.0 CEUs

HOTEL INFORMATION

Hotel Location

The University of Texas at Austin
AT&T Executive Education
and Conference Center

1900 University Avenue
Austin, Texas 78705

512-404-3600 or 1-877-744-8822
http://www.meetattexas.com/

Conference Location: The AT&T Conference Center will serve as headquarters for all lodging, sessions, and catered events.

Hotel Guest Room Rates: All registrants are responsible for making their own hotel guest room reservations. Special guess room rates are $139 per night single or double occupancy.

Hotel Reservations: To receive the special conference rates of $139 per night single or double occupancy, participants must reference the Solution Focused Brief Therapy Conference or request the group rate for code**:** ***SFBTCO1108.***

For rate information and for advance reservations, call 512-404-3600 or 1-877-744-8822. For on-line registration, go the hotel website at:

http://www.meetattexas.com/accommodations.html

Hotel Cut-Off Date: Reservations must be made no later than October 12, 2008 to receive the special conference guest room rates.

Check-In Time: 3:00 p.m.
Check-Out Time: Noon

The hotel will assist with storing luggage if you arrive prior to, or need to depart after these stated hours.

For general information, including driving directions, airport transportation, and local information, go to:
http://www.meetattexas.com/hotel-information.html

No partial credit for conference sessions will be awarded.
Participants must remain through entire sessions to receive credit.

2008 Conference on Solution Focused Practices
Wednesday, November 12 – Thursday, November 13
Pre-Conference Schedule and Program

Wednesday, November 12, 2008 (Pre-conference)

8:00 AM—9:00AM Registration and coffee
9:00 AM—4:00 PM Program
***Training for Trainers* (Day 1) Lance Taylor, M.Sc., C.Psych. & Peter De Jong, Ph.D., ACSW**

Purposeful conversation around client words and meanings is the primary process practitioners use to invite clients to co-construct client-centered solutions. This workshop focuses on concrete training activities for teaching solution focused therapy with special emphasis on how to teach a solution focused co-construction process. Activities for getting started with clients, developing goals, co-constructing strengths and resources, and scaling progress, motivation, and confidence are addressed through demonstration by leaders and "test driving" learning activities by participants. The power of assisted live practice in training and skill development will be explored. Research findings and video clips of new learners discussing what contributed to their learning are presented. Handout materials include descriptions of learning activities, DVD resources, and bibliography of resources for training. Experienced and less experienced trainers are welcome. Familiarity with and practice experience using solution focused therapy is expected.

Thursday, November 13, 2008 (Pre-conference)

8:00 AM—9:00 AM Registration and coffee
9:00 AM—4:00 PM Programs

• ***Training for Trainers* (Day 2): Lance Taylor, M.Sc., C.Psych. & Peter De Jong, Ph.D., ACSW**
See information on Day 1 above.

• ***Research Day*:** Facilitator: Sara Smock, Ph.D.

This research day will include presentations by researchers and practitioners addressing the following current topics in the SFBT research arena: research on common factors; evidence-based practice; strengths-based assessment; research designs for SFBT; and "what's missing in current research". The format is designed to promote discussion and exchange of ideas.

• ***SFBT 101*: Teri Pichot LCSW, MAC, LAC and Cami Boyer, MA, CAC II**
The Basics of Solution Focused Brief Therapy

This one day workshop is designed or those who want to learn the basics of Solution Focused Brief Therapy, and is presented each year by experienced SFBTA clinicians, researchers, trainers, and writers. This workshop is intended for those who have little or no prior solution focused experience or training and who want to learn the philosophy, assumptions, and fundamentals of the approach so that they can better enjoy the conference.

• ***SFBT 201*: Yvonne Dolan, MA & Terry Trepper, Ph.D.**
A Solution Focused Therapy Approach to Working with Challenging Couples

The trainers' accumulated 60 years of clinical experience and the most recent advances in evidence based solution focused therapy are combined in a powerfully effective, compassionate and respectful approach to relationship change and sex therapy that participants can readily apply to their most challenging cases. Video and role-play demonstrations, detailed handouts and hands-on practice sessions are offered in an engaging and stimulating learning environment suitable for advanced helping professionals and ambitious beginners.

2008 Conference on Solution Focused Practices
Friday, November 14, 2008
Conference Schedule and Program

7:00 AM – 8:00 AM *Yoga* **Mark Mitchell**

7:30 AM – 8:30 AM **Registration**
Coffee & Refreshments

8:30 AM **Program Begins**

8:30 AM – 10:15 AM **Welcome and Keynote Presentation**

Plenary 1*: Opening Keynote: BEST HOPES*
The elimination of the problem (and, therefore, the solution) in solution focused brief therapy

Presenters: Evan George, Chris Iveson, Harvey Ratner and Guy Shennan
Brief Therapy Practice, London, England

In 1991 Steve de Shazer was asked at a UK conference if the word solution inevitably implied problem and so challenged the fundamental basis of solution focused brief therapy. Steve's response was that the questioner might be the only person in the room really understanding him at that moment. De Shazer never quite resolved this linguistic dilemma; perhaps giving up solutions was a step too far! From that point on it became one of BRIEF's missions to put de Shazer's and Insoo Kim Berg's great discovery into practice.

If 'solutions' had nothing to do with 'problems' there must be a way to work in total ignorance of any problem being experienced by the client. This would inevitably mean that the therapist could no longer engage in solution-finding. De Shazer's concern had always been the danger of disjunction between a client with a problem and wanting a solution and a therapy that showed no interest in either. Solution focused brief therapy had already survived its lack of interest in 'the problem' so, trusting the central notion of cooperation, BRIEF took the risk and dumped 'the solution'.

"What are your best hopes from this therapy?" became the question that reshaped BRIEF's version of solution focused brief therapy. This presentation will trace the genesis of this question and explore, with participants, some of its implications for practice.

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

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

1A) *How Co-construction Happens: Formulations in SFBT, CBT, and MI*
Janet Beavin Bavelas, Ph.D., Victoria, BC, Canada, and Peter DeJong, Ph.D., LCSW, ACSW, Grand Rapids, MI

1B) *Solution Focused Anxiety Management*
Ellen Quick, Ph.D., San Diego, CA

1C) *Therapy with Couples: Solution Focused and Beyond*
Phillip Ziegler, Ph.D., LMFT, San Raphael, CA, Tobey Hiller, LMFT, Oakland, CA, and Ethan Schwartz, Ph.D., Oakland, CA

1D) *SFBT with First Time Offending Youth in Group Settings*
Courtney Guhl, BS, and Frank Thomas, Ph.D., Fort Worth, TX

1E) *SolutioNation: The Next Generation of Solution Focused Therapy*
Bob Bertolino, Ph.D., St. Louis, MO

12:00 NOON – 1:30 PM **Lunch** (On your own), book sales

2008 Conference on Solution Focused Practices
Friday, November 14, 2008
Continued

1:30 PM – 2:45 PM **Workshop Session 2**

2A) *What's The Fate of Positive Talk: Microanalysis of Communication in Solution Focused Brief Therapy*
Sara Smock, Ph.D., Lubbock, TX, Adam Froerer, Ph.D., Lubbock, TX, and Janet Beavin Bavelas, Ph.D., Victoria, BC, Canada

2B) *Application of Solution Focused Therapy in a Nursing Home Setting*
Frank Wood, Ph.D., Cincinnati, OH

2C) *Dropout Prevention that Works Using Solution Focused Therapy*
Anna Varahrami, LMSW, Paul Licce, LPC, Yolanda Uribe Rangel, M.Ed., Austin, TX

2D) *Families Facing Solutions: Solution Focused Family Education*
Arlene Gordon, Ph.D., LMFT, Fort Lauderdale, FL

2E) *Solution Focused Marathon Sessions*
Michael Reiter, Ph.D., Pembroke Pines, FL

2:45 PM—3:15 PM **Break** - refreshments

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

3A) *Solution Focused Practice in Child Protective Services: The Safety Light Experiment*
Robert Blundo, Ph.D., LCSW, ACSW, Wilmington, NC

3B) *The Three R's: Using Relationship, Reflection, and Reinforcement Questions to Enhance Solution Focused Practice*
Thorana Nelson, Ph.D., Logan, UT, Frank Thomas, Ph.D., Fort Worth, TX

3C) *Pupil's Voice and Solution Focused Approaches in a Vocational Training School*
Jos Kienhuis, Ph.D., Hengelo, The Netherlands

3D) *Empowering Youth and Families in Crisis*
Jack Nowicki, LCSW, Austin, TX

3E) *Solution Focused Approach to Lust, Romance, & Marriage*
Mark Mitchell, Playa del Rey, CA

5:30 PM – 7:00 PM **Wine and Cheese Reception** (cash bar)
Poster Presentation
Book Signings and Book Sales

7:00 PM – 10:00 PM **6th Annual Conference Banquet**
(Prepaid Banquet Registrations Only – Cash Bar)

2008 Conference on Solution Focused Practices
Saturday, November 15, 2008

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**

4A) *Solution Focused Therapy: The Masters Speak*
Elliott Connie, LPC, Fort Worth, TX, and Linda Metcalf, Ph.D., Arlington, TX

4B) *Solution Focused Counseling with Survivors of Sexual Abuse*
Sherap Winn, Toronto, ON, Canada

4C) *Introducing a Solution Focused Approach in a Pediatric Rehabilitation Setting*
Patricia Baldwin, London, Ontario, Canada

4D) *Solution Focused Team Building*
Heather Fiske, Ph.D., Toronto, Ontario, Canada

4E) *Effectiveness of Solution Focused Brief Therapy in Schools*
Cynthia Franklin, Ph.D., Austin, TX, Johnny Kim, Ph.D., Lawrence, KS, and Michael Kelly, Ph.D., LCSW, Oak Park, IL

10:15 AM—10:45 AM **Break, coffee**

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

5A) *Solution Focused Brief Therapy and Psychotropic Medication*
Sophie Duriez, MD, Los Angeles, CA

5B) *The Solution Focused School*
Linda Metcalf, Ph.D., Arlington, TX

5C) *When the Client Doesn't Follow the Script*
Joel Simon, MSW, Walden, NY

5D) *Solution Focused Substance Abuse Treatment*
Teri Pichot, LCSW, MAC, LAC, Lakewood, CO

5E) *Staying Solution Focused in a Problem Focused World*
Dvorah Simon, Ph.D., Los Angeles, CA, and Patricia Casamo, LCSW, Warren, NJ

12:00 NOON – 1:30 PM **Lunch (On your own)**

1:30 PM – 2:45 PM **Closing Keynote Presentation**

Plenary II: ***THE NEXT QUESTION***
Multiple Choice Moments in the Everyday Lives of Solution Focused Brief Therapists

Presenters: Evan George, Chris Iveson, Harvey Ratner and Guy Shennan

Jay Haley once wrote that brief therapy was a poor career choice – it was too much like hard work! Traditional therapists have often been shocked by the number of questions asked, and certainly it is hard work finding these questions! In this event participants will have an opportunity to explore their own decision-making processes and the possible outcomes of each of these decisions.

BRIEF have spent 20 years trying to teach solution focused brief therapy both to beginners and to each other. Many of the solution focused world's most used exercises can be traced back to BRIEF's prolific output during the 1990s when they trained tens of thousands of front-line professionals. Since embarking on a more advanced training, the BRIEF Diploma in Solution Focused Practice, we have had to give more close attention to our own practice which proved to contain significant differences. Struggling to bring clarity, if not always coherence, to our different styles and assumptions we have adapted some of our more recent training exercises to supervision and our own professional development, and in doing so have found what we regard as the single most creative exercise in our entire repertoire. Developed initially without knowledge of Janet Bavelas's groundbreaking work it has many parallels with microanalysis. The difference being that it is more directly informative of therapeutic practice.

This exercise will provide the centerpiece of the closing plenary in which every participant will have something specific and important to say. The richness of possibilities that stretch before client and therapist will be brought into clear focus and with it the clearest realization that there is no single 'right' way forward.

By the end of this plenary all participants will have a simple and transferable tool for both supervision and training as well as a clearer idea of their practices and preferences, past and future.

2:45 PM – 3:15 PM	**Break, refreshments**
3:15 PM – 4:30 PM	***Plenary II* (continued)**
4:30 PM	**Closing**

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November 14 & 15, 2008 ✪ Austin, Texas ✪ UT Austin AT&T Executive Education & Conference Center

Conference Registration Information

For online registration go to: http://www.utexas.edu/ssw/ceu/sfbt//click "register" link

CONFERENCE REGISTRATION AGREEMENT
Submission of the registration form, along with payment, means that we are preparing for your attendance at this event. We will prepare your conference program, packet, name badge, continuing education materials and other conference materials in anticipation of your arrival. Upon receipt of your registration, you have agreed to the registration policies and fees as stated herein. Guests who wish to attend any conference event must be registered for the conference and/or event.

GROUP REGISTRATION DISCOUNT:
Four (4) registrations submitted together and postmarked by 10/20/08 constitute a group rate of $145 per person for the two-day conference. There is no group rate for pre-conference workshops.

ACCEPTABLE METHODS OF PAYMENT
Registration forms must have a method of payment at time of submission. Acceptable methods of payment are: checks, money orders, purchase orders, or credit cards: VISA or MasterCard. Cash will be accepted at the door.

Make Checks Payable to: The University of Texas at Austin

Mail to:
UT-Austin School of Social Work,
Office of Professional Development
1 University Station, MC: D3500
Austin, TX 78712-0358

Credit Card Registration May be Mailed or Faxed:
UT School of Social Work - School SW Conference:
Fax: (512) 232-3700

Vendor & Tax ID Numbers:
UT Federal Tax I.D. Number: 74-6000-203
UT State Vendor ID: 37-217217217013

REFUNDS/SUBSTITUTIONS
Refund for registration fees may be arranged **only** if cancellation is received in **writing** by 5:00 p.m. on November 3, 2008. An administrative fee of $25 per individual registration will be deducted from the refund total. Substitutions will be accepted.

Questions/Conference Hotline
Please Contact

Office of Professional Development
UT-Austin School of Social Work
1 University Station, MC: D3500
Austin, TX 78712-0358
Tel: (512) 471-2886
Fax: (512) 232-3700
e-mail: ssw-profdev@utlists.utexas.edu

web: http://www.utexas.edu/ssw/ceu/sfbt/
or http://www.sfbta.org/2008conference.html

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Conference Registration Form

For online registration go to: http://www.utexas.edu/ssw/ceu/sfbt//click "register" link

To register by mail or fax, PLEASE PRINT LEGIBLY or TYPE. One name per form. You may photocopy.

BADGE INFORMATION

First name: _____ Last Name: _____

Agency or Organization: _____

City: _____ State:_____

REGISTRATION INFORMATION

Home❒ Work❒ Mailing Address: _____

City: _____ State: _____ ZIP: _____

Daytime telephone: _____ Fax Number: _____

E-mail Address: _____

TYPE OF REGISTRATION

Pre-Conference Workshops (101 & 201) run concurrently.
Please register for only one of the following:

❒ **Early Rate Pre-Conference Workshop (101)**……..$75
postmarked by 10/20/08
❒ **Late Rate Pre-Conference Workshop (101)**……$90
postmarked after 10/20/08
❒ **Early Rate Pre-Conference Workshop (201)**……..$75
postmarked by 10/20/08
❒ **Late Rate Pre-Conference Workshop (201)**……$90

MAIL TO:
UT-Austin School of Social Work
Office of Professional Development
Conference on Solution Focused Practice
1 University Station, MC: D3500
Austin, Texas 78712-0358
Telephone: (512) 471-2886, Fax: (512) 232-3700
UT State Vendor ID: 37-217217217013
UT Federal Tax ID Number: 74-600-0203

postmarked after 10/20/08

Conference Registration:

❒ **Early Registration**…….……..$170
postmarked by 10/20/08

❒ **Late Registration**……..…$270
postmarked after 10/20/08

❒ **Group Rate Registration**……..……...$145 ea.
Four (4) registrations submitted together
postmarked by 10/20/08

❒ **Early Registration Student Rate**…….…..$95
postmarked by 10/20/08

❒ **Late Registration Student Rate**……..….$145
postmarked after 10/20/08

❒ **Early Rate Pre-Conference Training for Trainers**.....$300
postmarked by 10/20/08

❒ **Late Rate Pre-Conference Training for Trainers**……..$325
postmarked after 10/20/08

❒ **6th Annual Conference Banquet**……..…$35
❒ vegetarian option

Conference Registration Total $_____

TOTAL AMOUNT ENCLOSED **$_____**

METHOD OF PAYMENT

Check #_____

Purchase Order #_____

Credit Card:
❒ **Visa** ❒ **MasterCard**
Card #:_____

Exp. Date: _____

Security # located on

Pre-conference workshops	Friday, November 14th	Saturday, November 15th
Wednesday, November 12th and Thursday, November 13th Check website for more information: http://www.utexas.edu/ssw/ceu/sfbt/	**7:00am-8:00am: Yoga** **7:30am-8:30am: Registration** **8:30am-10:15am: Welcome, Plenary 1** **10:45am-12:00pm: Workshop Session 1** **12:00pm-1:30pm: Lunch (on your own)** **1:30pm-2:45pm: Workshop Session 2** **3:15pm-4:30pm: Workshop Session 3** **5:30pm-7:00pm: Poster Presentation, Wine & Cheese**	7:00am-8:15am: Yoga 8:00am-9:00am: Registration, Coffee 9:00am-10:15am: Workshop Session 4 10:45am-12:00pm: Workshop Session 5 12:00pm-1:30pm: Lunch(on your own) 1:30pm-2:45pm: Plenary 2 2:45pm-3:15pm: Break 3:15pm-4:30pm: Plenary 2 Continued 4:30pm: Closing