

# **2006 Conference On Solution-Focused Practice**

***November 2-4. Denver, Colorado***

## ***Conference Schedule & Program***

Welcome to the SFBTA's 4<sup>th</sup> annual conference co-sponsored with Jefferson County Department of Health & Environment. Following are the conference schedule and program of workshops, poster sessions and special events. The program is subject to change and will be updated on this page.

### ***Thursday November 2:***

9:00 a.m. – 4:00 p.m.

Solution-Focus 101: Joel Simon and Sara Smock

For those who want to learn the basics of Solution Focused Brief Therapy, the SFBTA is sponsoring this intensive workshop provided 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.

9:00 a.m. – 4:00 p.m.

Solution-Focus 202: Insoo Kim Berg and Yvonne Dolan

For those who have already learned the basics and want to explore more advanced applications and concepts of SFBT. This workshop is an exciting opportunity to learn with Insoo Kim Berg, an original developer of the approach, internationally known trainer, author and practitioner; and Yvonne Dolan, internationally known trainer, practitioner and author. This workshop is intended for those who have completed at least a basic training in SFBT and who are utilizing the approach in their own practice.

9:00 a.m. – 12:00 noon

Researchers' Committee Meeting (NOTE: only open to committee members)

1:00 p.m. – 4:00 p.m.

Researchers' Meeting: Chaired by Terry Trepper and Eric McCollum

This meeting is intended for those: a) doing active research in the area of SFBT; b) who have done SFBT research in the past; c) those interested in pursuing research in SFBT. Students are encouraged to attend. The purpose will be to share research findings, experiences doing SFBT, and barriers to research. This year, the SFBTA Research Committee will present a draft of an SFBT Treatment Manual which the Committee endorses and, hopefully, will be used by clinical researchers using SFBT as a treatment condition in either clinical trial or process research.

***Friday, November 3:***

7:00 a.m. – 8:15 a.m.

Yoga: Mark Mitchell

What a great way to start the conference. An adjunct to that first cup of coffee to start your day. Mark is an experienced Yoga practitioner and teacher. This session is designed for beginners. If you've never tried Yoga, now is a good time to experience this age-old practice. Who knows, you might get hooked!

9:00 a.m. – 12:00 noon

Opening Plenary: Harry Korman

Dr. Korman lives in Sweden and specializes in child and adolescent psychiatry. He currently works in private practice with families, children, adults, and couples.

12:00 noon – 1:45 p.m.

Lunch (on your own)

1:45 p.m. – 3:00 p.m.

Workshop Session 1:

1) Solution-Focused Therapy “In Action”: Brenda Zalter and Elaine Ash

Come and explore various ways to incorporate the basics of the solution-focused model in an interactive experiential session. Learn how to scale in action, recreate the miracle picture into a scene of a play, bring to life relationship questions and much more.

2) On Becoming a Solution-Focused Coach in the Classroom: Lee Shilts and Insoo Kim Berg

This workshop will discuss the role of the coach in the classroom. We will discuss the basic tools that the coach needs to present to begin to build a solution-focused classroom environment. Who can fill the role of coach and how that person interfaces with the school will be discussed.

3) Continued Learning from Steve de Shazer and a Client: Janet Campbell

Throughout Steve de Shazer's career, he put into practice what he observed that worked in building solutions with clients. Using an unpublished video of Steve in a conversation with an adolescent female wanting better control over anger, we'll discuss what was useful in the conversation and what can be learned from Steve and the client.

4) Scaling: Thorana Nelson and Joel Simon

This workshop is intended to be an extension of the Solution-Focus 101. The concept and practical applications of scaling will be expanded upon. Video examples of actual sessions with clients using scaling will be presented and discussed. Participants will be provided an opportunity to practice scaling techniques using role-plays.

3:15 p.m. – 4:30 p.m.  
Workshop Session 2:

1) A Closer Look at the Miracle Question: Dan Gallagher

The Miracle Question has been described as central to the solution-focused brief approach. The group will discuss how it can be used, different ways of asking it, and how to keep the client's focus on building their own solutions. We will also construct scaling questions based on the client's answers. We especially suggest this workshop for those who had participated in the Solution-Focus 101.

2) A Clinician's Update on SFBT Research: Terry Trepper, Eric McCollum, Johnny Kim and Cynthia Franklin

We will offer clinicians an update on research being conducted in SFBT, a presentation of a recent meta-analysis on SFBT, the discussion of the work being done by the SFBTA research committee and a discussion with the audience on future trends in research on SFBT.

3) Clinical Solution-Focused Role Play Rounds: Sophie Duriez, Mark Mitchell and Sebastien Fromont

This workshop is intended for clinicians working in psychiatric agencies. The first fifteen minutes of the workshop will focus on an introduction to solution-focused role play, its purposes and rules. Following will be four solution-focused role-plays. There will be a 10-minute discussion period following each clinical situation.

4) Honoring Children: A Solution-Focused Therapy Approach: Keren Chansky Suberri

The need for a paradigm shift in psychotherapeutic work with, and on behalf of, children is presented. Clinical, moral, ethical and public policy implications for this needed paradigm shift and its fit within a solution-focused framework will be discussed.

7:00 p.m. – 10:00 p.m.  
4<sup>th</sup> Annual SFBTA Conference Banquet

Join us Friday evening for a solution-focused FUN-RAISING! The evening activities include a generous dinner buffet, conversation, entertainment and fun.

***Saturday, November 4:***

6:15 a.m. – 7:00 a.m.  
Yoga: Mark Mitchell

[See Friday November 3.]

7:30 a.m. – 8:45 a.m.  
Workshop Session 3:

1) Keeping It Brief: Joel Simon and Lance Taylor

It's called solution-focus brief therapy because brief results from being solution-focused. "Brief" happens as a result of the conversations that we have with clients. This workshop explores how clients and practitioners together construct therapy that is both brief and effective.

2) Working with Therapy Dogs to Create Miracles: Teri Pichot and Jasper the dog

This presentation will demonstrate how to integrate a trained pet to discover exceptions, explore differences, utilize relationships with animals, and provide an environment rich in compliments. Participants will learn how to credibly and effectively combine their love of dogs with sound clinical practice.

3) Taking Safety Home: A Solution Focused Approach to Working with Couples Distressed by Violence: Jeff Goldman

Conventional "wisdom" demands that couples in abusive relationships be seen separately, never together unless stringent guidelines have been met. This discussion will focus on how SFBT can enhance safety when working with couples.

4) An Impractical Conversation about Ideas, Language and Meaning: Gale Miller, Myron Gessner and Harry Korman

We invite participants to talk about ideas that might illuminate aspects of solution-focused brief therapy in new ways. We make no promise that the session will lead to practical outcomes, although that is a possibility. Our goal is to foster a thoughtful and playful conversation.

9:00 a.m. – 10:15 p.m.

Session 4:

1) Hope in Action: Solution-Focused Conversation about Suicide: Heather Fiske

Excerpts from a videotaped session are used to illustrate the use of SFBT with a man who is struggling with recent losses and drawn to suicide. The case work serves as the basis for discussion.

2) Solution-Focused Supervision: Processes of Creativity: Frank Thomas and Thorana Nelson

How do you create and sustain resourcefulness and imagination in supervision relationships? Can you imagine serious play as well as playful seriousness? What are ways you inspire and entice in training? Therapist and Supervisor, come share your best – and discover your inner muse!

3) Solution Focused Practice and Research: The Development of Three New Instruments: Peter Lehmann, Randy Basham, and Sara Smock

Participants will have the opportunity to discuss the pros and cons of solution-focused practice and research and have a "hands on" experience with two paper and pencil questionnaires for clients and therapists in training to assess fidelity to the precepts of solution focused therapy. In addition, the solution-building inventory will be introduced and discussed.

4) Group Work that WORKS!: Christine Caridi and Ryoko Nagata

Experience a solution-focused style group. In this "hands-on" experiential workshop, you will participate in a group process which will provide you the tools to facilitate a solution-focused group that works! From court mandated substance abusers to church groups, this format is simple, straight-forward, respectful and fun.

10:30 a.m. – 11:45 a.m.

Session 5:

1) Organizational Applications of Solution Focused Therapy: Brenda Zalter

Come share how the solution-focused approach can be helpful to organizations in a radical way by changing their culture or how it can help make smaller shifts to attitude and behavior team by team, person by person, ultimately reframing the way the organization views itself.

2) Some "New" Ideas in the Treatment of Substance Abuse with a Focus on "Relapse": Dan Gallagher and Harry Korman

Relapse Prevention has long been a cornerstone of substance abuse treatment programs. We will present some new/additional ideas we have learned based on what we have learned from our clients using the solution-focused brief therapy approach followed by discussion with workshop participants.

3) Clarifying the Questions: Spirituality and SFT: Frank Thomas, Mark Mitchell, Dvorah Simon and Duane Bidwell

“Frequent flyers are not always good pilots.” We believe we have both the personal interests (“flyers”) and formal training (“pilots”) to guide this discussion on spirituality, relating to the therapist and to SFT practice. Together, our curiosity will lead us to better questions!

4) Weathering the Storm: A Solution-Focused Approach to Community Crisis: Maria Chiodo, Arlene Brett-Gordon and Dianne Giammarco

Hurricanes and violent storms are a reality to the children and families living in Palm Beach County, Florida. The Family & Community Partnership, over 30 programs, utilizes the solution-focused approach to support families as they prepare for and cope through these ongoing challenges.

11:45 a.m. – 1:30 p.m.

Lunch (on your own)

1:30 p.m. – 4:30 p.m.

Closing Plenary

[To Be Announced]

***Poster Presentations:***

1) SFBT Outside the Therapy Room: Experiences of (Net)working with Problem Families in Graz (Austria): Phillip Streit

Effective work with psychosocially severely disordered families needs more than consultations in the therapy room. Often unwilling, the practitioner is obliged to visit and involve them. Networking with other helpers and institutions (school etc.) is often crucial for success. This presentation will show how the SF approach was adapted for work with families by the “Institut für Kind, Jugend and Familie” (IKJF) in Graz in cooperation with the youth welfare office of the city of Graz, Austria.

2) To Put the "Motivation in motion" with Solution-focused Education and SF Leadership: Kerstin Måhlberg and Maud Sjöblom Agneta Castenberg

We will present some practical implications that facilitate the motivational work in education, in organizations and as interventions in the treatment context. How you can challenge: "He is not motivated, so I can't do anything" and instead possess tools to influence the motivational work.

3) What Can Researchers Learn from Solution-Focused Therapists? Consider the Case of "Arbitrary Metrics": Karen Chansky Suberri

The push for evidence-based practices is here to stay. Sharp criticism of the research on the effectiveness of psychotherapy has come from an unexpected corner. The unique contribution of solution-focused therapists to this debate is the focus of this presentation.

4) The Tidal Model...Searching for Solutions: Gail Edwards and Tanya Tonellato

The Tidal Model shares many of the basic tenets embedded in solution-focused brief therapy. This presentation charts the philosophical underpinnings and practice of this unique model in a mental health inpatient hospital setting. Parallels with solution-focused approaches are highlighted.

5) A Creative Focus on Solution Building in the Therapy Training Room: Carol Messmore, Luis Rosa, Tahnee Mendez, Ronella Frierson, Jennifer Solomon, Aurelia Melloul, and Christina Berdebes

This presentation will present creative tools and ideas to use in the therapy room as solution-focused interventions with adults. The presenters are a supervisor and therapists in training. These interventions were developed to help facilitate the learning experience for the therapists and the change process for the clients as a collaborative process.

6) The No-Blame Solution: Bonnie Harris

With blame comes defensive behavior. With no blame, comes opportunity: for natural consequences, for the growth of conscience, and for reparation and solution. This presentation will demonstrate/reveal what to do instead of punishment and accusation when children behave inappropriately.