

APRIL 2025

www.sfbta.org

SOLUTION FOCUSED BRIEF THERAPY  
ASSOCIATION - NEWS OF THE DIFFERENCE

# NEWSLETTER



The goal of this newsletter is to share relevant information on solution-focused brief therapy practices, events, and other news from the Board of Directors.

In this edition, we invite you to review the President's message, review conference information in Toronto (and save the date!), meet current SFBTA Board Members, and participate in our upcoming training.

We want to be actively involved with Association members and anyone else who is interested in learning more about SFBTA.

If you have ideas for content or would like to submit a practice brief, please reach out!

## ● Message from the President, Shaema Imam

Greetings to all my fellow SF practitioners and researchers! I feel honoured to take a leading role this year in carrying SFBTA forward while preserving its distinguished beginnings. Our board's primary goal for this year is to focus on engagement with our members and promoting their participation in our committees, trainings, meetups, conference, and plans for the future. Our second goal is to get the website organized further so that it is really a central base for knowledge and links about the history of SFBT, the state of research on the modality, and the history of SFBTA over the years. We would love to have you join us! Please email me at [board@sfbta.org](mailto:board@sfbta.org).



## **SFBTA Town Hall** **Saturday, April 26, 2025 on Zoom**

Join the Solution Focused Brief Therapy Association for the first town hall of 2025! This is an opportunity to hear from the Board, ask questions, and engage in training with a solution-focused presenter. Members, please register for Town Hall and Training here: [Town Hall Registration](#)

If you are not yet a member of SFBTA, welcome! Please scroll to the top of the [sfbta.org](http://sfbta.org) website and follow the link to join first.



**Meet our New SFBTA  
Board of Directors for 2025!**

 <b>CAROL BUCHHOLZ HOLLAND</b> PAST PRESIDENT	 <b>SHAEMA IMAM</b> PRESIDENT	 <b>VICKY ESSEBAG</b> PRESIDENT-ELECT
 <b>MARSHA WICHMAN</b> SECRETARY	 <b>DAWN CROSSWHITE</b> TREASURER	 <b>JOHNNY KIM</b> BOARD MEMBER
 <b>SHIRLEY SHANI BEN-ZVI</b> BOARD MEMBER	 <b>MO YEE LEE</b> BOARD MEMBER	 <b>NATE GUYTON</b> BOARD MEMBER
		 <b>OLIVIA WEDEL</b> BOARD MEMBER



We are honored to feature Teri Pichot, LCSW, LAC, MACF, an internationally recognized clinician, trainer, and author. Teri brings over 35 years of experience working with complex cases, including individuals struggling with substance misuse, chronic mental illness, and domestic violence.

She is the founder of the Denver Center for Solution-Focused Brief Therapy and has trained professionals around the world to apply this evidence-based model with effectiveness and compassion. Teri has published five books and numerous articles—translated into Spanish, Chinese, Japanese, Mandarin, and French—helping expand the global reach of SFBT.

Date: Saturday, April 26, 2025

Time: 11:00 AM – 1:00 PM EST (Brief Town Hall followed by 75-minute training)

Location: Online | SFBTA Members Only

This session will explore how the “Not Knowing” stance can open space for client agency, collaboration, and transformative therapeutic change.

Learn more about Teri: [www.denversolutions.com](http://www.denversolutions.com)

Members, please register for Town Hall and Training here: <https://www.sfbta.org/Sys/Login?ReturnUrl=%2fevent-6155609>

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The main graphic features a background image of the Toronto skyline with autumn foliage in the foreground. At the top center is the SFBTA logo. Below it, a blue banner reads "SFBTA 2025 CONFERENCE IS COMING TO". In the center, the word "Toronto!" is written in a large, white, cursive font. Below this, three Polaroid-style photos are displayed: a rooftop terrace with lounge chairs, the entrance of the Chelsea Hotel, and a hotel room. A yellow banner at the bottom of the Polaroids reads "Nov 6-8, 2025". A yellow location pin icon is next to the text "Chelsea Hotel". A yellow banner at the bottom left of the Polaroids reads "SAVE THE DATE!".

Please join us as we host SFBT researchers, scholars and practitioners from international communities and diverse solution-focused pathways (including Coaching, Mentorship, Business, Education, Healthcare) to discuss innovations in research and implementation.

### HOW TO PREPARE FOR 2025

- ✓ Think about potentially presenting on your own or with a friend/colleague, including poster presentations.
- ✓ Think about this great opportunity to learn, share and network with wonderful like-minded friends!
- ✓ Pack a lightly warm jacket, sweater, boots, mittens and a hat.



SCAN FOR A VIDEO MESSAGE FROM YOUR 2025 SFBTA TEAM



[www.facebook.com/SFBTAAssociation](https://www.facebook.com/SFBTAAssociation)



[www.linkedin.com/company/sfbtassociation](https://www.linkedin.com/company/sfbtassociation)



[www.instagram.com/sfbtassociation](https://www.instagram.com/sfbtassociation)



[www.sfbta.org](https://www.sfbta.org)

## Highlights from the March 2025 Board Meeting

- Research Award 2025 search to begin
- This newsletter to roll out!
- Tax documents filed
- Website overhaul to be initiated
- Association Development Committee to be formulated to see how to keep SFBTA sustainable long-term



## Seeking 2026 Conference Location!



Would you like to host SFBTA Conference 2026? We are looking for our next location! If you would like to host it in your city in November 2026, please email us at [board@sfbta.org](mailto:board@sfbta.org). You will need an onsite team, but SFBTA will help you with past event experience and extra volunteers!

## Happenings Around the World of SF

SF25 Conference Online!

<https://www.solutionfocus24.com/>

### 24 Hours of Solution-Focus!

Join us for one of the most exciting global conferences in the Solution-Focused world calendar May 2, 2025. A full **24 hours** of Solution-Focused presentations, workshops, networking, panels and knowledge stretching around the world in one day!

Four Regions; Four Time Zones; a celebration of Solution-Focused skills, ability, experience and talent on display from around the world....all from the comfort of your own home.

Whether you are an existing practitioner or are simply curious about the Solution-Focused approach, come and contribute....come and listen....come and network....come and share in the buzz that Solution Focus creates!



**SF24/25**

**BUILDING HOPE, EMPOWERING CHANGE**

*A 24-hour global conference  
of Solution-Focused practices.  
Everyone is welcome!*

**2ND MAY 2025**

**Oceania** 0900 – 1500 UTC+10 (Sydney)  
**Asia** 1300 – 1900 UTC+8 (Singapore)  
**Africa/Europe** 1300 – 1900 UTC+2 (Amsterdam)  
**Americas** 1300 – 1900 UTC-4 (New York)

Sponsored by:

UKA SFP SFiO

## From the Archives...

# news of the difference

a  
bulletin board  
for people who do  
therapy that makes a difference

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vol 1 no 1 january 1992

Did you know that SFBTA used to have its own newsletter?!

Were you one of the lucky ones to get it  
delivered to your door?

It ran from January 1992 to about March 1996. We were able to speak  
with Primary editor Dvorah Simon to learn more about it and glimpse  
some archived copies!

## Join us!



We have several committees that need new members:

Welcome and Engagement Committee

Association Development Committee

Conference 2026 Committee

Finance Committee

Research Committee

Website Development Committee

Newsletter Committee

And maybe some new ones that you can suggest!

Such as an SFBTA Book club? What else?

If interested, please contact [board@sfbta.org](mailto:board@sfbta.org)