



Solution Focused Brief Therapy Association

News of the Difference

February 2026

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Do you have an idea for our newsletter? Please get in touch! board@sfbta.org

Message from Chair of Member Communications Committee

Dear SFBTA colleagues,

We are continually inspired by the curiosity, creativity, and generosity in this community. This month's newsletter highlights ways to connect, learn, and share, including the Conference Call for Proposals, new resources, member meet ups, SF opportunities, and stories of SF in action. I hope something here sparks an idea, a connection, or a moment to celebrate the work we do together.

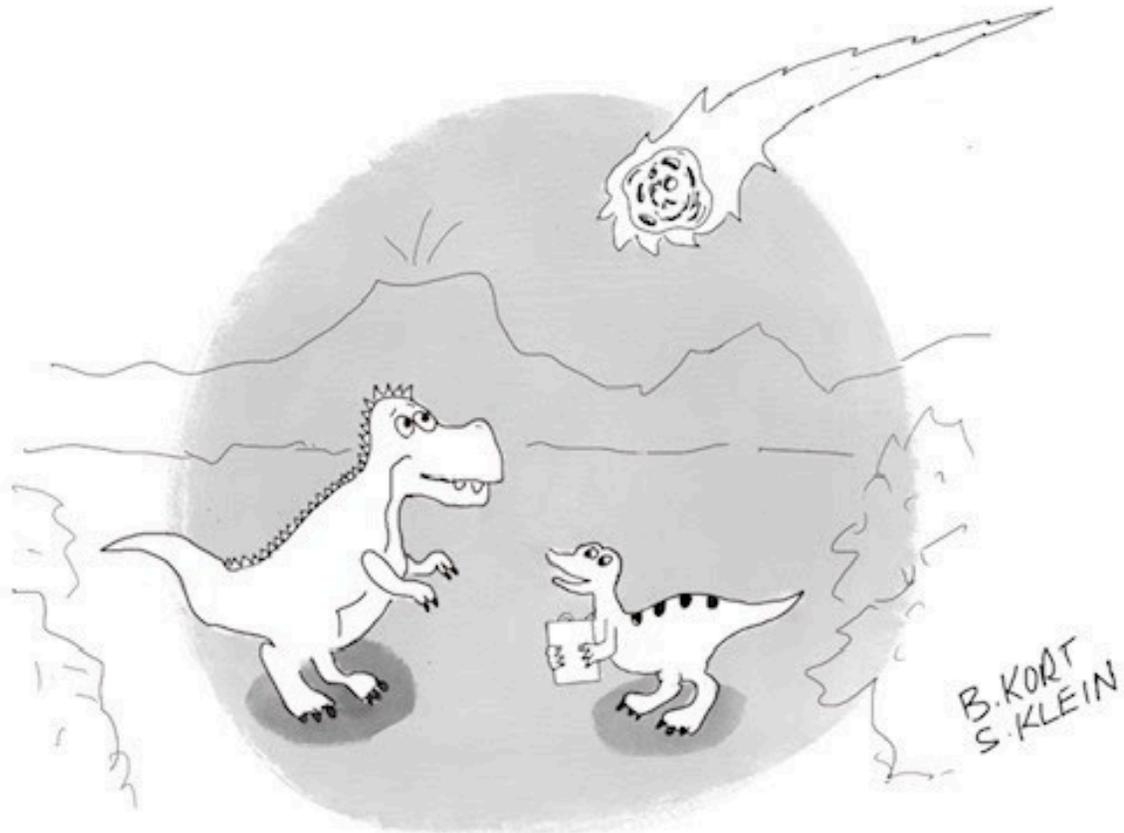


With appreciation,
Tara Gretton
Chair of Member Communications Committee

SF Cartoon

At the recent SFBTA conference in Toronto, Beverley Kort and Steve Klein found themselves doing what so many of us treasure about this community: thinking together, drawing together, and allowing ideas to emerge in conversation. What began as a shared brainstorm, with Beverley sketching as they reflected, has grown into a small but meaningful project that captures the spirit of collaboration and creativity at the heart of solution-focused practice.

SF IN THE WILD



"On a scale of 1-10 where 10 is total extinction, where do you think we are right now?"



Beverley Kort



Steve Klein

President's Message

Dear Members, Friends and Colleagues,

While February remains a cold month here in Canada, we're certainly feeling the warmth of our SF friends. Our community is developing several exciting initiatives, particularly through the dedicated work of our committees. They're currently focused on highlighting 2026 conference planning, celebrating our legacy members, and on new developments designed to support professional growth and membership. Keep your eyes open for our **April Town Hall with Professional Learning Event** with our special guest presenter to be shared soon!

Our Board meetings are facilitated with a solution focused mindset, assuming professionalism, independence and agency in our board members. We've been opening our monthly meetings with a reflective question to which each board member has an opportunity to respond. We'll be happy to share these with you. This month, we asked: **"What has been made possible for you this month?"**

We'll be proudly celebrating our 25th year as an association in 2027. Please keep this in mind and let us know if you would like to host our 2027 conference in your town!



Warmly,
Vicky Essebag
President SFBTA 2026
www.sfbta.org
board@sfbta.org



SFBTA 2026 CONFERENCE Call for Proposals

Hello SFBTA Community,

It's February, which can only mean one thing for the Conference Planning Committee: the Call for Proposals is officially open!

We are thrilled to announce that we are now accepting proposals for the 2026 SFBTA Annual Conference. This year's theme, ***Bridging Conversations***, invites us to build on the dynamic exchanges we experienced at the 2025 conference and consider how we can intentionally connect conversations to deepen understanding and spark innovation. As Solution-Focused practices continue to expand across professions and settings, we are excited to explore how bridging ideas, disciplines, and experiences strengthens our collective impact.

You can review the full Call for Proposals details here:

[Learn More](#)

The deadline for proposals is **May 10, 2026**, with invitations to present going out by **June 15, 2026**.

We are truly looking forward to reviewing your proposals and planning the meaningful learning experiences we will share together this fall.

If you are interested in serving on the Proposal Review Subcommittee, please email us at sfbta.annualconference@gmail.com.

See you next month for another exciting update!



Warmly,
Michelle Lasky
2026 SFBTA Conference Chair



COMMITTEE UPDATES Join the Committees!

Each of our standing committees is led by one of our Board members. You can learn more about these committees here [committees](#). If you're interested in joining or if you have any questions, please reach out at board@sfbta.org.



Archives Committee - Katharine Davis - Chair

We have selected interviewers for our interviews with Legacy members. These interviews will begin in March/April. We're preparing clips for our legacy documentary which we plan to complete in time for our 2027 (25th anniversary) conference.



**Membership Committee - Cecile Dietrich - Chair
& Outreach Committee - Toya Brown- Chair**

The joint meeting of these two committees addressed the roles of the Membership and Outreach committees and strategies for enhancing SFBTA membership engagement.



The need for clearer committee responsibilities and their overlap with diversity/inclusion efforts was emphasized. The committee spoke to motivating membership and membership opportunities including outreach and revenue opportunities such as grassroots initiatives targeting alumni and training programs, leveraging board member influence, and expanding accredited training and CEUs to attract new members. We assessed the organization's assets, including legacy training videos, a training manual, annual conferences, and a partnership with the Journal of Solution Focused Practices, while noting gaps like the inability to publish training videos featuring real clients and the need for partnerships with prominent trainers. We suggested a merger of the Outreach and Membership committees to enhance direction and participation.



Professional Development Committee - Olivia Wedel - Chair The Professional Development Committee met earlier in February and continued to brainstorm ideas for ongoing engagement opportunities within the solution-focused community. Many exciting possibilities were shared, all with thoughtful consideration for long-term sustainability.

In addition to the two Town Halls hosted annually, we are pleased to introduce two solution-focused learning circles/affinity groups. Dates will be confirmed soon, with sessions tentatively planned for May or June 2026 and September 2026. Please mark your calendars and save the dates for this year's Solution-Focused Brief Therapy Association Town Hall Meetings:

- **Saturday, April 11, 2026 at 11:00 AM CST**
- **Saturday, August 15, 2026 at 11:00 AM CST**

Each Town Hall will begin with updates from the Board, followed by a featured speaker (or speakers) presenting on a topic related to solution-focused practice. The April speaker will be announced in the March newsletter and on the SFBTA website.

If you are interested in sharing ideas and/or volunteering with the Professional Development Committee, please contact Committee Chair, Olivia Wedel, at droliviaw@oliviawedelcounseling.com.



Research Committee - Mo Yee Lee - Chair

We're currently in the process of updating our Research page on sfbta.org. We're looking for volunteers for translation of the SFBTA Treatment manual. We currently have volunteers for translation in Japanese, Russian, Ukrainian, French, Swedish, Urdu, Chinese (Mandarin) and Korean. If you're interested in volunteering, please contact board@sfbta.org and we'll send your request directly to Johnny Kim.



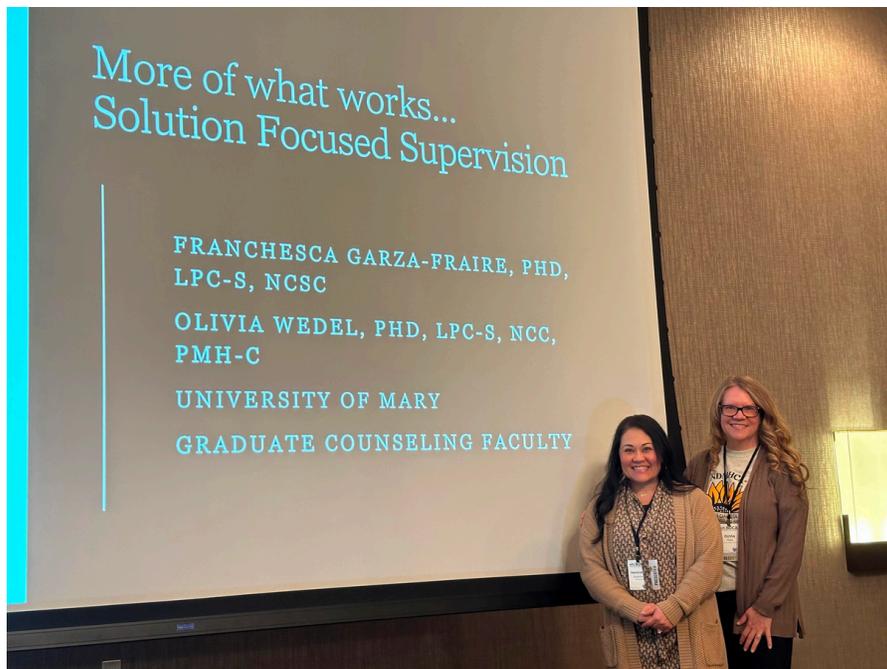
MEMBER MEET-UPS

Immediate past-president (2025) Shaema Imam (on right in first photo), met with past board member (January 2023- May 2025) Shirley Shani Ben Zvi (on left) in their hometown of Atlanta. Over coffee and locally baked treats at a cafe, Shaema was able to

thank Shirley in person for her years of service on the board. Discussions were had on SF in the state of Georgia as well as SF approaches to world events close to the hearts of both members. More meetups were promised!



Dr. Franchesca Garza-Fraire (SFBTA Conference Committee-2025) left in photo; and Dr. Olivia Wedel (SFBTA Board Member) second in from right, presented on Solution-Focused Supervision at the North Dakota Counseling Association Conference on February 15, 2026. Tom Fraire (SFBTA Treasurer) second in from left, and Carol Buchholz Holland (Past SFBTA President) on right.



Marsha Wichmann (SFBTA Board Member) on left, Dr. Carol Buchholz Holland (SFBTA Past President) center, and Dr. Olivia Wedel at NDCA (SFBTA Board Member) on right.



Did you meet with a fellow SFBTA member somewhere in the world? Snap a photo and share the smiles for our newsletter! Please send in your photo and brief description to board@sfbta.org.



SF AROUND THE WORLD
Events and SF Gatherings

SF Peer Consultation for School-based Practitioners and Leaders

Erin Cusanno, Julie Magadance and Sharon Casey would like to invite you to join a new online solution-focused peer consultation group. They will meet online, once a month to discuss cases and co-construct solutions for challenges we face in our work with young people. Each meeting will be chaired by a member of the group and will follow an established peer consultation format to ensure making the best use of everyone's time.

Those who sign up will receive a Zoom invitation to each meeting. You can attend as many (or as few) as you like. The only requirement is a basic knowledge of the SF approach.

WHO?

- School Counselors, Social Workers, Psychologists
- Other SF practitioners
- Mental health support staff
- Administrators and leaders

WHAT?

- Structured/guided peer consultation sessions
- Free
- Attend as many (or as few) sessions as you like

WHY?

- Hone your SF skills by giving and receiving help for complex questions and difficult cases
- Connect with others

WHEN?

- 75-minute meetings at 3:30 Eastern time (find your time zone below)
- Last Sunday of the month from January to May (January 25, February 22, March 22, April 26, May 31)

To sign up, please click the button below. Feel free to share this message with anyone you think might be interested in joining. We hope to see you there! For more information, please feel free to contact Julie Magadance: jmagad@neisd.net or 210 407 0350.

Hoping to see you there!

Sharon Casey, Julie Magadance, Erin Cusanno

[Sign up](#)

[Email Julie](#)



When: 5 March 2026

Restarting 5th March with Jesus Mendoza

[Register Here](#)

SOLWorld Unconference 2026

Where: Porvoo, Finland

When: 4-7 June 2026

[Register Here](#)

UKASFP2026 Conference

Where: Greyfriars Church meeting rooms, Friar Street, Reading RG1 1EH

When: 10-11 July 2026

[Register Here](#)

SOLWorld Summer Retreat 2026

Where: Möschberg Oberthal Switzerland

When: 10-15 August 2026

[Register Here](#)

EBTA Conference 2026

Where: Olomouc, Czech Republic

When: 18-20 September 2026

Registration is now open!

You can submit a workshop proposal until 30 March 2026.

[Register Here](#)

SOLWorld University 2026

Where: Land Aan Zee, Netherlands

When: 14-18 October 2026

[Register Here](#)



SF@WORK

Introducing Naomi Whitehead's Conversations on Practice & Leadership

In this edition we are delighted to highlight a series of thoughtful interviews from Naomi Whitehead, project coordinator, coach, trainer and supervisor, exploring how solution focused ideas show up in real work, leadership and relationships.

Naomi's conversations are grounded in curiosity, generosity and clarity. She invites practitioners, leaders and thinkers to reflect not just on what they do, but how they do it, and the relational choices and questions that bring solution focused practice to life. Across these interviews you will find reflections on inclusion, possibility, human centred leadership and the lived experience of working with people in change.

Whether you are revisiting familiar ideas or discovering new perspectives, these conversations are a valuable resource for deepening your understanding and refreshing your practice. They remind us that solution focused work is not only about techniques, but about connection, attention and conversations that open pathways towards what comes next.



Naomi Whitehead
<https://www.youtube.com/@naomiwhiteheadtraining>

Would you like to share how you use SF principles in your daily professional role? Please email us your 200-250 word essay for a future newsletter!



MEMBER ARTICLES

Article by Harneet Kaur

Time Moves and so do We

We've all heard it, the glass is either half full or half empty. One perspective looks at what's missing. The other notices what remains. But maybe the more important question is: what are we going to do with what's already there?

Even if someone sees the glass as half empty, there is still water in it. And if you're thirsty, that water still matters. Solution-focused thinking isn't about forcing positivity. It's about gently shifting attention from what is lacking to what is usable, workable, possible.

There's a beautiful story in Mahabharata where Arjun once asks Krishna for a sentence that would comfort him when he is sad, but also humble him when he is happy. Krishna replies: "This too shall pass."

In sadness, this feels relieving, the pain is not permanent. But in happiness, it can feel unsettling. Yet even here, a solution-focused lens changes something. If difficult times will pass, then perhaps joyful times are also opportunities to gather strength, build memories, and deepen gratitude. So that when challenges arrive, we already carry inner resources.

It's not about denying pain. It's about holding both reality and resilience at the same time. Maybe the glass isn't just half full or half empty. Maybe it is simply enough for the next step and that is where hope quietly begins.



Submitted by:
Harneet Kaur
SFBTA Student Member



RESOURCES

JSFP

Journal of Solution Focused Practice Most Recent Article: Solution Focused Practice Delivered by Teachers, School Staff and Student Peers: A Systematic Review and Narrative Synthesis Kirandeep Ghataorhe Johnson, MSc, BSc†, Fiona Robinson,

[View their Website](#)



BOOK OF THE MONTH by Mark McKergow



This month, we're showcasing:

"The Next Generation of Solution Focused Practice: Stretching the World for New Opportunities and Progress"

Written by: Mark McKergow

THANK YOU TO OUR 2025 SPONSORS

We're grateful for the generous support of our 2025 SFBTA Conference sponsors, whose partnership helps make Moving Conversations: Advancing Solution Focused Practice and Research in Toronto possible. Our Gold Sponsors include Microanalysis, the University at Buffalo School of Social Work, Relationspaces, and Arnold Street, and we're also pleased to acknowledge Wander in Harmony as a Bronze Sponsor — thank you for helping us advance solution focused practice and research around the world.

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