



# Solution Focused Brief Therapy Association

News of the Difference

January 2026

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Do you have an idea for our newsletter? Please get in touch! [board@sfbta.org](mailto:board@sfbta.org)

## **Message from Chair of Member Communications Committee**

Hello, I'm Tara Gretton, Chair of the Member Communications Committee. I'm looking forward to collaborating with our membership to continue building the newsletter. If you have ideas, events, or reflections you'd like to share with the SFBTA community, please feel free to contact me. We'd really love people to get involved. Contact: [board@sfbta.org](mailto:board@sfbta.org)



Tara Gretton

Chair of Member Communications Committee

## **President's Message**

As we step into January, 2026, I'm honoured to begin my role as President of the Solution Focused Brief Therapy Association (SFBTA).

I want to offer my sincere gratitude to our outgoing President - Shaema Imam, who opened the doors to so many opportunities for SFBTA, along with our outgoing Board Members – Johnny Kim, Carol Buchholz Holland, Dawn Crosswhite and Shirley Shani Ben-

Zvi. Your leadership, dedication and care have helped shape this organization into a truly vibrant, collaborative, and inclusive hub for learning—one that extends throughout the world and in a variety of different streams (e.g., therapy, research, education, business, healthcare, organizational culture). We are stronger because of the foundation you've built.

I'm also deeply grateful for our current Board members – Nate Guyton, Mo Yee Lee, Marsha Wichmann, Olivia Wedel, and our new members, Toya Brown, Tara Gretton, Tom Fraire, Katherine Davis, and Cecile Dietrich. Your motivation to serve speaks volumes about your belief in and dedication to the SFBTA community. Particularly, I'd like to congratulate Nate Guyton, our President-Elect this year. Nate is resourceful, kind and dedicated to the practice of solution focus. It is my pleasure to work alongside him this year.

To our members: Thank you! Your engagement, curiosity, generosity and passion for solution focused practice are what make this community so special. Together, we continue to create a space that celebrates learning, connection and shared purpose, one conversation at a time. We deeply appreciate your ideas and involvement. Please consider submitting your stories and articles to this newsletter in future months. Send your submissions to [board@sfbta.org](mailto:board@sfbta.org). We also welcome you to join any one of our committees.

I'm genuinely excited for the year ahead as we continue to focus on what works and to inspire each other with what we're hopeful for - especially as we begin planning for our 2026 conference with Michelle Lasky at the helm. There is so much possibility before us, and I look forward to our path together. Here's to a new year filled with collaboration, learning, and meaningful connection!



Vicky Essebag

President SFBTA 2026

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

[board@sfbta.org](mailto:board@sfbta.org)



## BOARD UPDATE

### Our 2025 Board of Directors

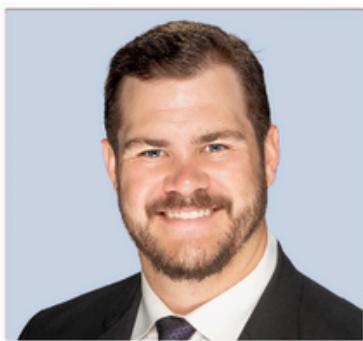


## Introducing the 2026 **SFBTA BOARD**



*Vicky Essebag*

President



*Nate Guyton*

President-Elect



*Cecile Dietrich*

Secretary



*Tom Fraire*

Treasurer



*Mo Yee Lee*

Board Member



*Marsha Wichmann*

Board Member



*Tara Gretton*

Board Member



*Toya Brown*

Board Member



*Katherine Davis*

Board Member



*Olivia Wedel*

Board Member



## SFBTA 2026 CONFERENCE

### 2026 Launch, Call for Volunteers, Save the Date

Happy New Year to our Solution-Focused Community!

As we step into the new year, I'm excited to share that planning for our 2026 Annual Conference is officially underway. I recently returned from a visit to Cleveland, where I had the opportunity to tour the conference venue, explore the surrounding area, and visit several local hotels to identify comfortable and convenient accommodations for those traveling from out of town. I'm happy to report that the spaces are both beautiful and welcoming—an ideal backdrop for the meaningful conversations and connections we'll share together.

I'm also looking forward to hosting our first Conference Planning Committee meeting on **Friday, January 30, at 11:00 a.m. EST**. If you're interested in being part of the planning process but are unable to attend the meeting, I would still love to hear from you. Please feel free to email me at [sfbta.annualconference@gmail.com](mailto:sfbta.annualconference@gmail.com) and let me know which subcommittee or role might best match your interests, strengths, and availability. There are many ways to contribute, and your involvement is truly valued.

Please don't hesitate to reach out if there is any way I can best serve our community in my role as Conference Chair this year. I am deeply grateful for the trust placed in me and for the collaborative spirit that defines SFBTA.

I look forward to seeing you all in November and staying connected along the way.



With gratitude and hope,  
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](mailto:board@sfbta.org)

- Vicky Essebag – Advisory Council Cecile Dietrich –
- Membership Committee Tom Fraire - Finance
- Committee Nate Guyton – Conference Committee
- Mo Yee Lee – Research Committee
- Toya Brown - Outreach Committee Marsha
- Wichmann – Board Development Committee Olivia
- Wedel – Professional Development Committee Tara
- Gretton – Member Communications Committee
- Katherine Davis - Archives Committee
- 

## SF AROUND THE WORLD

### Events and SF Gatherings



## SF AROUND THE WORLD

### Events and Gathering

**SF School Professionals Working Group for anyone interested in SF Community and Conversation in schools.**

**Facilitators:** Sharon Casey, Julie Magadance, Erin Cusanno

Contact Julie Magadance: [jmagad@neisd.net](mailto:jmagad@neisd.net) or 210 407 0350.

[View Details](#)

[Email Julie](#)



**SF24/26**

**BUILDING HOPE, EMPOWERING CHANGE**

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

**5-6 February 2026**

**Americas** 5 Feb. 1:00 pm – 7:00 pm EST (New York)  
**Oceania** 6 Feb. 11:00 am – 5:00 pm AEDT (Sydney)  
**Asia** 6 Feb. 2:00 pm – 8:00 pm SGT (Singapore)  
**Africa/Europe** 6 Feb. 1:00 pm – 7:00 pm CEST (Amsterdam)

[solutionfocus24.com](http://solutionfocus24.com)

Sponsored by:

#### SF24/26 Online Conference

**When:** 5-6 February 2026

**Call for proposals now open:**

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

[Learn More](#)

#### SF24/25 Watch Party

**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](#)



Compiled by:

Olivia Wedel



### SF@WORK

*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

Articles by Harneet Kaur and Ayse Adil

### Collecting receipts instead of Resolutions

Every January I convince myself that this will finally be the year I turn into a sorted, well organised, emotionally mature adult. I imagine waking up early drinking warm water like a responsible human and somehow having my life together by 8 AM. This fantasy usually lasts until mid January, when I am once again negotiating with my blanket about basic existence.

This year I didn't make a resolution. I started collecting receipts. Not the shopping kind, but the emotional kind; The tiny proofs that something is already shifting like replying to messages I normally avoid. Taking breaks without guilt. Finishing tasks without waiting for the perfect mood to appear (spoiler: It never does). Those moments don't look dramatic, but they feel honest.

In solution focused thinking we don't begin by fixing everything. We begin by noticing what's already working. The problem with resolutions is that they assume something is broken. But when I look back at last year, I don't see a failure. I see someone who kept going even through confusion, pressure, self doubt, and too many late nights.

So instead of asking, "what should I change this year?" I am asking, "What am I already doing better?" Because growth is not always loud. Sometimes it sounds like I didn't fall apart today. And honestly, that feels like a strong enough start for January.



Submitted by:  
Harneet Kaur  
SFBTA Student Member

### Unspoken Answers: Using Silence in Session – Engaging Client Silence With Thoughtful Solution Focused Questions to Address Family Discord

Article by Ayse Adil and Joe Lettieri

[Read the Full Article](#)



Submitted by:  
Ayse Adil

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