

JUNE 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

- 2026 Conference location search
- 2025 Conference updates
- Research Award Application Deadline
- Next Town Hall and Training

And some regular features:

- President's message
- Meet current SFBTA Board Members
- Member milestones
- News from around the world of SF!
- Book review section
- SF organization overview
- Board meeting updates

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

• **Message from the President, Shaema Imam**

Greetings to all my fellow SF practitioners and researchers!

We are at the halfway mark for our 2025 Board and only about 4 months away from our annual conference! One month left to avail the early bird offer!

Our board is about to launch our new website! You can expect more information, more resources, more networking opportunities, and more options to expand your SF world.

We would love to have you join us on any aspect of the association you would like. There is a list of open committees on the back page. Please email me at board@sfbta.org!



URGENT NEED!



Seeking 2026 Conference Location!

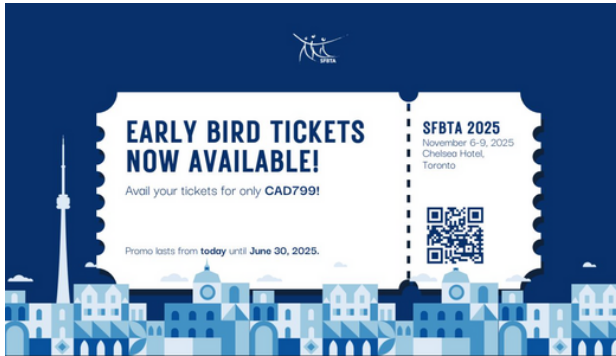
**A Host City & Site is Needed for
SFBTA 2026!**

**We are looking for our next location
for the SFBTA Conference! If you
would like to host it in your city in
November 2026, please email us at
board@sfbta.org.**

**You will need an onsite team, but
SFBTA will help you with past event
experience and extra volunteers!**



SFBTA Conference 2025 Update



Early bird rate extended
to July 31, 2025!

Don't miss our pre-conference training sessions! Full program for Friday, November 7th also posted, more details being added every week!

Heather Fiske

November 6, 2025, from 9:00 AM–12:00 PM.

Her session, “Solution-Focused 101,” offers a solid foundation (or a meaningful refresher) in the core principles and practices of Solution-Focused work.

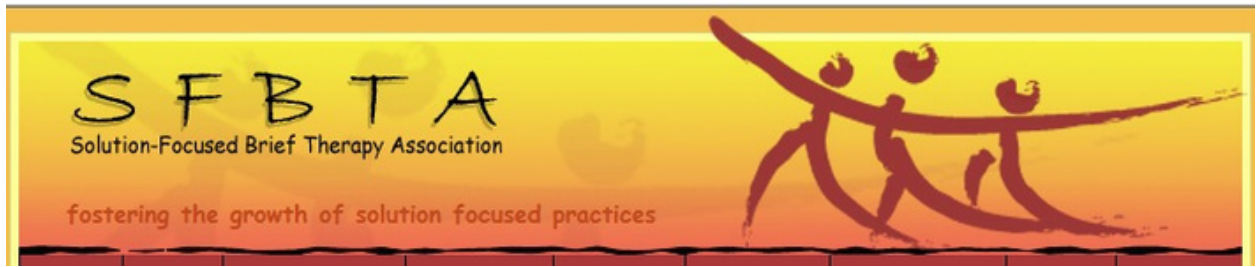


Anne-Marie Wulf

November 6, 2025, from 1:15 PM–4:15 PM.

Her interactive workshop, “Moving Conversations: How to Engage Children in Conversations About Their Life,” introduces key Solution-Focused assumptions and playful tools to help practitioners engage children in meaningful, hopeful conversations.

Register at sfbtaconference.org



2025 SFBTA Research Award

Announcement and Application Procedures

The SFBTA Research Awards are aimed at fostering the growth of Solution-Focused Brief Therapy by encouraging original research in solution-focused practices, and to support students, faculty, researchers, and clinicians who wish to study solution-focused practices. The inclusion of clinicians is an effort to bridge the gap between research and practice in advancing knowledge of Solution-Focused Brief Therapy.

Award

The 2025 SFBTA Research Awards will provide up to \$1,500.00 to support ongoing or proposed project(s). Funding amounts for individual projects will depend on the number of projects being awarded. Priority will be given to research that supports empirical evidence of SFBT practices, mechanisms of change, meta-analyses on SFBT interventions, or other research which could directly or indirectly investigate the effectiveness of SFBT practices.

Eligibility

Graduate students in any disciplines, clinicians engaging in research focusing on SFBT, post-doctoral fellows, and junior faculty who are in their first three years past graduation are eligible for this award. The SFBTA Research award will give priority to applicants who have a high probability of completing their projects. This determination will be based on many factors, including but not limited to the significance of the study, rigor of the research design, previous research or practice experience, access to an appropriate sample, and other institutional support. In addition, priority will be given to applicants who will conduct the research study in the U.S. or Canada.

Proposal Outline

Applicants should submit a proposal with the following content:

- Name and complete contact information of applicant
- Title and one paragraph description of the proposed/current study
- A detailed description of the proposed/current study, including:
 1. Statement of the problem
 2. Previous research in the area
 3. Purpose of this study
 4. Methods, procedures, and analysis to be/being used
 5. Significance of the study to the SFBT field
 6. A detailed description/outline of how the grant funds will be used
 7. Qualifications of the applicant

Page limit of the proposal is 5 pages, single-spaced, font size 12. Additionally, please submit a current resume as a separate document or attachment.

Criteria for Assessment

The SFBTA Research Committee will review the application proposals and will make the final decision on the award. The award decision will be based on the following criteria:

- Appropriateness and significance of the study to solution-focused brief therapy and in meeting the goals of the Solution Focused Brief Therapy Association (SFBTA).
- Appropriateness of the methods, procedures, and analysis to the proposed goals of the study.
- Qualifications of the applicant.
- Likelihood of the project being completed and disseminated.

Deadlines and Announcement of Award

Application proposals must be received by the SFBTA Research Committee by August 1, 2025.

The recipient(s) of the award will be notified by **August 30, 2025**, and the official award ceremony will be hosted at the Business Lunch meeting at **2025 SFBTA Annual Conference, November 6-9, 2025, Toronto, Ontario, Canada**. The funds will be made available immediately after the Conference.

Conditions of Acceptance

As part of the obligation of receiving the 2025 Research Award, award recipients are expected to:

- Submit a Study Report in the form of a 1-page infographic or poster to the chair and co-chair of the Research Committee, Dr. Taylor Yates at yatesh@uncw.edu and Dr. Cynthia Franklin at cfranklin@austin.utexas.edu upon the completion of the study.
- Disseminate and present findings of the study at the Research Day of the SFBTA Conference in 2026 or 2027. Recipients can first present the preliminary findings of their study at the Research Day of the 2026 SFBTA Conference if the study is still in progress.

For further information, or to submit Application Proposals, please contact:

Mo Yee Lee, PhD
SFBTA Research Award Committee
Professor & PhD Program Director
College of Social Work, The Ohio State University
440B Stillman Hall, 1947 College Road, Columbus, OH43210
Phone: 614-292-9910
Fax: 614-292-6940
e-mail: lee.355@osu.edu

Next Town Hall & Training!



Trainer to be announced

The 2-hour event will proceed roughly as follows:

11 to 11:30am - Member meeting, presentation from board members about upcoming events, question and answer period with members about association issues.

11:30 to 12:45pm: Presentation on a topic of interest to SFBTA members.

12:45pm: Wrap up of event

Board Introductions!

See this space in the newsletter each month for a feature of current SFBTA Board members!



Olivia Wedel, PhD, LPC-S, NCC, PMH-C
SFBTA Board Member (she/her/hers)

Dr. Olivia Wedel is a private practice owner in the Fort Worth area of north Texas and works full time as a counselor educator and Director of Clinical Mental Health Counseling Internship at University of Mary in Bismarck, North Dakota. She worked as an adjunct faculty member in Counseling at TCU from 2014-2024.

Olivia is a Licensed Professional Counselor-Supervisor in Texas, a National Certified Counselor (NCC), and is certified in Perinatal Mental Health (PMH-C). Olivia is experienced in solution-focused practices due to her education (M.Ed. and PhD) at TCU where she had the opportunity to meet Insoo Kim Berg and visit with her after a speaking engagement. She primarily uses solution-focused practices in counseling and finds it integrates well with her work with the perinatal population.

Olivia attended her first SFBTA Conference in 2008 in Austin, Texas and has since attended multiple conferences; she's also presented at the conferences in Boulder (2018) and Montreal (2019). She served on the Conference Committee for the event in Fort Worth in November 2024.

Olivia's favorite title is "Mama" as she has a young son, Elijah, and loves traveling with him and her husband where they enjoy finding local coffee shops and playgrounds.

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Nate Guyton, LPC, LCDC, TBRI Practitioner, EMDR-Trained

Nate serves as a Board member and assists various committees in multiple capacities, including the most recent development of the new treatment manual. He specializes in time-efficient, solution-focused, and trauma-informed individual, couple, and family counseling for athletes and professionals in The Woodlands, Texas.

Nate has experience in behavioral hospital settings, adolescent residential and intensive outpatient addiction treatment, family resource centers, university counseling centers for students and college athletes struggling with substance use and problem drinking, and crisis centers for survivors of traumatic experiences. As a proud TCU alumni with a B.S. in Psychology and M.Ed. from TCU's Clinical and Mental Health Counseling graduate program, he uses a mix of systems thinking and solution-focused practices in his work with clients.

Around the SF World

NEXT WATCH PARTY

3rd July - Live Coaching Demo with Chris Iveson and a Follow Up, Virtual Coffee Bar!

What are Watch Parties?

A place to gather with SF practitioners and the SF-curious. We watch a ~10 minute video clip from a talk delivered at one of the SF24's global conferences. Then, discuss in small and plenary group conversations. Often, the speaker is on hand to update us on news from the field and for Q&A.

Who's this meant for?

Open for all, both experienced SF practitioners, new SF practitioners--and those who've never heard of SF before. It's a wonderful chance to learn more about the approach, as well as see wonderful work from our peers and colleagues happening around the world.

How can I attend?

Once signed up, you will receive an order confirmation with the Zoom link, and an email reminder a day before each session with the Zoom link.

Access to the "online event page" that also has the Zoom link. You can find this by logging onto your Eventbrite account and looking at 'tickets'.

The zoom link is the same for every watch party.

We look forward to seeing you there!

The SF24 Watch Party Team

Julia, Orsi and Lilla

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

Speaker Schedule 2025-2026

3rd July: Chris Iveson

This session, we're changing things up a bit. In a departure from the way other WPs are delivered, this one will feature Chris Iveson doing a live coaching demo with a client, which we'll record day-of. The session will run one hour, as usual.

Link to Register: <https://www.eventbrite.co.uk/e/sf24-watch-party-tickets-1408184901949?aff=oddttdtcreator>

Around the SF World

European Brief Therapy Association Conference

Where: Roskilde, Denmark

Suggested airport – Copenhagen

When: 19-21 September 2025

Theme: “IN BETWEEN”

Registrations for participants and workshops are open!

Conference Website:

<https://www.ebta2025.dk>

UKASFP Conference 2025

Theme: Doing More With Less

When: 16-18 July 2025

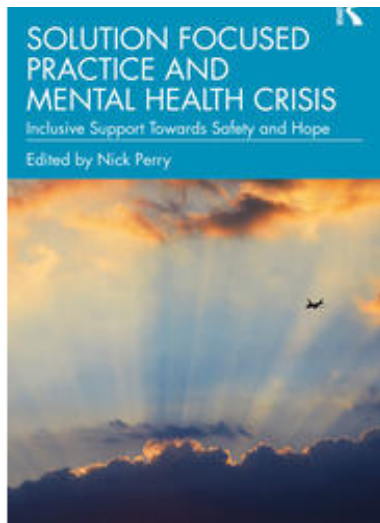
Where: Bradford College, Bradford

Conference Website:

<https://conference.ukasfp.org/2025/>



Closer Look at a Book...



Ordering information:
<https://www.routledge.com/Solution-Focused-Practice-and-Mental-Health-Crisis-Inclusive-Support-Towards-Safety-and-Hope/Perry/p/book/9781032856476>

A Conversation with Michele Orr, Author of Chapter 12

"Michele Orr draws on her considerable experience in mental health nursing and managing suicide risk to give a very practical explanation of how to use SFP in high-risk clinical scenarios."

What is the official title of your chapter?

Using Solution Focused Practise to Assess and Manage Suicide Risk

What are your best hopes for how this book can be useful to the field? What audience are you aiming to reach?

Michele: The chapter offers a balance of theory of SFP with a transcript including some descriptive notes; and how it can meet to 'requirements' of traditional clinical mental health whilst co-constructing the detailed description of a person's best hopes in their everyday life, even in the face of thoughts (or attempt) of suicide.

What are you best hopes for how this can be useful to the field?

Michelle: My best hope is that people will use SFP more and with increasing confidence in the suicide prevention space. Taking the stance of believing IN the client and their capabilities to live a life worth living helps whilst trusting the SF process. I also hope with this increased confidence in the use of SFP from practitioners that more people who have experienced thoughts of suicide get to experience their best hopes in everyday life. It is truly transformational and resilience building for both practitioners and clients.

What audience are you aiming to reach?

The book was initially aimed at UK practitioners and clinicians, however, the breadth of authors and the diverse contexts in which they write makes it accessible for anyone interested in SF and how it can be used during a mental health crisis.

My chapter is aimed at anyone speaking with someone who has or is experiencing thoughts of suicide or has attempted to take their own life. It is a chapter that I believe can engender hope and wellbeing for all.

SFP Organizations Profile

Journal of Solution Focused Practices

What is the advantage of having a journal solely dedicated to SFP?

Having a dedicated journal like the JSFP offers several key benefits:

- **Centralised Knowledge:** It serves as a hub for high-quality, peer-reviewed research, theoretical discussions, and case studies specific to SFP, facilitating the accumulation and dissemination of specialised knowledge.
- **Global Collaboration:** The journal fosters international collaboration among practitioners and researchers, enhancing the development and refinement of SFP concepts and methodologies.
- **Accessibility:** As an open-access publication, JSFP ensures that its content is freely available to practitioners, researchers, and students worldwide, promoting widespread engagement with SFP literature.

How do you feel research in the field of SF has progressed in the last 25 years?

Over the past 25 years research in Solution Focused practices has seen significant growth and diversification with expansion across different fields and therapeutic contexts including education, healthcare, and organisational development. This is demonstrative of its versatility and effectiveness. It has also seen a significant increase in empirical evidence including randomised controlled trials and meta-analyses that support the efficacy of SFP interventions, alongside meaningful qualitative research that explores the unique therapeutic benefit of the approach. Despite the progress, there remains a need for continued research to strengthen the evidence base, particularly concerning the mechanisms of change that SF supports, and the comparative effectiveness with other therapeutic approaches. This is what the JSFP seeks to address.

Do you seek researchers, donations, or contributions to the journal? Who would you like to hear from and how can they reach you for inquiries?

Yes, the JSFP actively seeks contributions and support from:

- **Researchers and Practitioners:** The journal welcomes submissions of research articles, theoretical papers, case studies, and book reviews related to SFP.
- **Support and Sponsorship:** While the journal does not charge submission or publication fees, it appreciates support from individuals and organisations to sustain its open-access model.
- **Contact:** Interested parties can reach out through the journal's official website for inquiries and submissions. The JSFP encourages engagement from a diverse range of contributors to enrich the field of Solution Focused Practice.

Conversation with Adrian Holmes, Chairperson, JSFP

Member Milestones



The board would like to extend congratulations to SFBTA Board member Nate Guyton on his Licensed Professional Counselor designation awarded in June 2025 in the State of Texas. We wish you the best with your practice and career! If anyone would like to view

Nate's practice website, please see
<https://www.guytoncounseling.com/>

Congratulations!

We would like to congratulate our SFBTA member Michele Orr and the other contributors for the publication of a new book on SF and mental health! Michele's chapter is titled: 'Using Solution Focused Practice to Assess and Manage Suicide Risk' (Chapter 12). You can find ordering information for the book at the following link: <https://www.routledge.com/Solution-Focused-Practice-and-Mental-Health-Crisis-Inclusive-Support-Towards-Safety-and-Hope/Perry/p/book/9781032856476>



Highlights from the June 2025 Board Meeting

- 2025 conference registration open, program online
- mid-year check-ins with board members completed, what to start, stop, continue
- August 16 Town Hall & Training event preparation in progress
- research award deadline extended
- SFBTA Advisory Council and Mentorship Committee
- to be initiated



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

Mentorship 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