



Solution Focused Brief Therapy Association

News of the Difference

March 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 all,

Welcome to the March edition of the SFTBA Newsletter. Spring is in the air, and we've been busy preparing for our next Town Hall with Dr. Dobmeier and Dr. Sweet on 11th April.

The board met in early March, and it was wonderful to hear about all the activity across our fantastic committees.

We hope you enjoy this month's edition.



With appreciation,
Tara Gretton
Chair of Member Communications Committee

SF IN THE WILD



"Are you saying you woke up this morning and a miracle occurred?"



Beverley Kort



Steve Klein

President's Message

This month I'm pausing and noticing the small, meaningful occurrences that contribute to my daily wellbeing – a hug from my grandson, one word of encouragement from a colleague on a stressful day, the first scent of Spring, a helpful hand. I'm also pausing to notice the bigger occurrences - such as the many connections the SFBTA has made over this year, helping us embark on amazing work at the Board level and in our committees as we strategize next steps that make a difference. I've been noticing people reaching out on a variety of topics; membership, archives, professional learning, resources, collaborations or thoughts and ideas as we look ahead. Let's nurture this momentum as it illuminates the path to our continued growth and success. Insoo used to ask a great question to help individuals notice their personal resources – 'How come no one ever told you that you're so kind/brave/helpful, etc...?' I've always loved that question and would like to ask it in this context - 'How come no one ever told us just how mighty we are and have always been as an association'? We value you, your involvement, feedback and input.

This month, we had the pleasure of our first meeting as a budding Advisory Council (photo below) to respond to our Draft Updated Mission Statement (developed by a Board Task Force). The Advisory Council will meet on occasion, to provide input on issues that can support us with the insight of legacy members. To be eligible for this Council, members need to have previously served on the Board for at least 1 year. We welcome you. Please contact me at board@sfbta.org.



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



SFBTA 2026 CONFERENCE Call for Proposals & Website

Happy March! As we move into spring and begin to see new growth and blooms, this season invites reflection. Spring is a time of hope and promise — and those same feelings are mirrored in my excitement for our upcoming Solution-Focused Brief Therapy Association Conference.

Submissions for proposals are now open, and I am truly energized by the possibilities being created for our community. This year's conference theme, Bridging Conversations, invites us to connect ideas, expand dialogue, and continue growing the reach of solution-focused practice. I warmly encourage you to submit a proposal and contribute your voice to this season of promise.

[Learn More about Submissions](#)

We've also officially launched the conference website! You'll find helpful information already available to support your planning, and we'll continue adding updates as they become available — so be sure to check back often.

[See the Website](#)

Our community is growing, and the seeds we plant now will surely blossom by the fall into a meaningful, energizing time together. I look forward to all that we will build — and celebrate — as a community.



Warmly,
Michelle Lasky
2026 SFBTA Conference Chair



2026 SFBTA RESEARCH AWARD Call for Submissions

SFBTA 2026 Research Awards

Call for submissions!



For more information, read here:
<http://sfbta.org/2026Award>

The SFBTA Research Awards support the growth of Solution-Focused Brief Therapy by encouraging original research and bridging the gap between research and practice. Open to students, faculty, researchers, and clinicians, this award aims to advance knowledge and evidence in SFBT.

Funding: Up to \$2,500 for selected project(s)

[Learn More and Apply](#)



TOWN HALL & TRAINING ReflAct Master Class



Join us for the first town hall & training of the year!

Discover ReflAct with Astrid Dobmeier & Veronika Sweet, where reflection meets action in a powerful framework for learning, growth, and possibility.



sfbta.org

April 11, 2026

Join us on Saturday, April 11, 2026 for an engaging online session created exclusively for SFBTA members. We're looking forward to gathering, learning, and connecting as a community once again.

Topic: ReflAct Master Class

When: Saturday, April 11, 2026

Time: 11:00 AM – 1:00 PM EDT

Where: Online | Exclusive to SFBTA Members

[Add to Calendar](#)



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're excited to begin planning a special 10-minute commemorative film for the 2027 SFBTA Conference, celebrating the early days of the association and the legacy of Steve de Shazer and Insoo Kim Berg. We're delighted that Tomohiro Inoue has agreed to support the editing of this project. As we move forward, we're exploring creative ways to capture the

richness of our shared history. This includes filming small, in-person group conversations across different regions, as well as inviting members to contribute reflections and memories. At the 2026 Conference, we'll also be creating a space for members to record short testimonials about what SFBTA has meant to them, with clips used both for the commemorative film and for sharing more widely. We look forward to involving our community in bringing this story to life.



Membership & Outreach Committees Combined

Co-Chairs: Cecile Dietrich & Toya Brown

We have been working together to explore how we might restore materials from the Brief Family Therapy Center to the SFBTA website. There is something important about keeping the work and presence of Insoo Kim Berg and Steve de Shazer accessible, both as a way of honouring where we come from and supporting those discovering solution-focused practice today.



Materials shared by Harry Korman, alongside documents from the Internet Archive, have been gathered and placed in a shared folder for the board to review.

This work offers a strong foundation for thinking about connection, visibility, and how we continue to grow our community.

Professional Development Committee - Olivia Wedel - Chair



The Professional Development Committee has had several productive meetings so far this year with the next one coming up on Friday, April 10, 2026, at 9:00AM Central Standard Time. If you would like to learn more about how to get involved with the Professional Development Committee, or any of our other committees, you can find out more at www.sfbta.org.

In our most recent meeting, the committee continued brainstorming how to implement additional events that are of value to members that are also sustainable for implementation and maintenance. In the tradition of doing something different, we decided to introduce solution-focused learning circles, or affinity groups, this year with anticipated dates in June and September. We have received an abundance of feedback regarding interest in learning about how solution-focused practices are used in various settings outside of clinical practice. The learning circles will be held on Zoom for now, but we are hopeful that the affinity groups can grow into options for meetings face to face, around the world!

Our first Town Hall of the year is coming up very soon on Saturday, **April 11, 2026, at 11:00AM Eastern Standard Time**. The Town Hall is free for members. We are so excited to hear from **Dr. Astrid Dobmeier** and **Dr. Veronika Sweet** who will be joining us from Germany! They will be sharing their **ReflAct Master Class** as a teaching-learning framework that shifts problem-

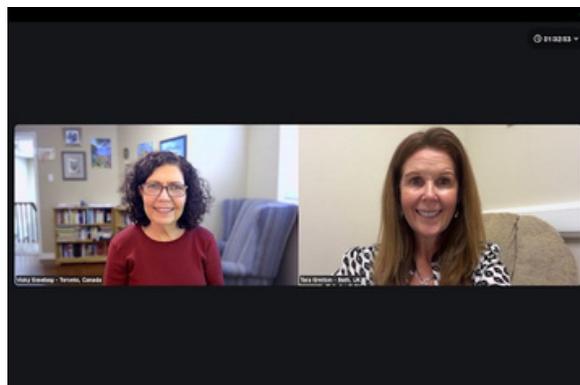
oriented thinking towards resource- and solution-oriented thinking in organizations using a systemic circular approach. Their presentation at the 2025 SFBTA Conference in Toronto was very successful with extensive positive feedback, so it is a joy to have them present for us in April. Please save the date for Saturday, August 15, 2026, for the next Town Hall! **We invite your input on future Town Hall topics as well as topics for the solution-focused learning circles/affinity groups. Click the button below to provide anonymous input and thank you in advance!**

Topic Interest Form

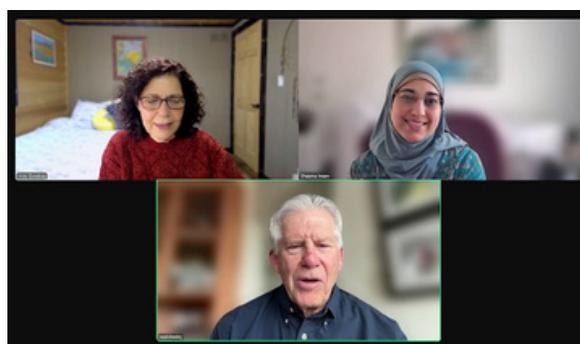
In closing, we are actively seeking additional members for the Professional Development Committee. If you are interested in serving, committee engagement is typically two hours per month with one of the hours being our scheduled meeting, and the other hour is for planning, responding to emails, reviewing documents, and/or ongoing collaboration to coordinate events. Currently, meetings are typically held on either Friday morning or Saturday morning. Please email me at droliviaw@oliviawedelcounseling.com if you are interested and I am glad to answer any questions. I have been a member of SFBTA since 2008, and it is really an honor to serve on the Professional Development Committee as the Chair and liaison to the SFBTA Board of Directors.



MEMBER MEET-UPS



Vicky Essebag and Tara Gretton (from left to right) met to plan the upcoming newsletter, discussing content, scheduling, and key updates to share with readers.



Vicky Essebag, Shaama Imam and Neal Sheeley (clockwise) launched the first Advisory Council to provide input into our draft updated SFBTA mission.

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 OPPORTUNITIES

Events and SF Gatherings

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](#)



SF24/25 Watch Party

When: 2 April 2026

With Orsi Szabo - 'How Brief is Brief'

[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](#)

Australasian Solution Focused Association Annual Conference 2026

Where: Twin Towns Conference and Function Centre, 2 Wharf St, Tweed Heads, NSW, Australia

When: 24-25 October 2026

[Register Here](#)

SF24/27 – Building Hope, Empowering Change

Save the date!

When: 25-27 February 2027

[Learn More](#)



SF@WORK

Toward Solutions Podcast with Jason Pascoe and Dion Sing

The Toward Solutions Podcast, hosted by Jason Pascoe and Dion Sing, is a growing and energising space within the Solution-Focused community.

Through warm, thoughtful conversations, the podcast explores how Solution-Focused practice is lived and applied across contexts including leadership, coaching, therapy, education, and organisational work. The tone is curious and collaborative, reflecting a strong “not knowing” stance and a deep respect for people’s own expertise in their lives.

Listeners will recognise many familiar voices from across the field, with guests including Chris Iveson, Haesun Moon, Paul Z. Jackson, Jenny Clarke, Anton Stellamans, and Andrew Gibson.

Across episodes, themes of hope, listening, and small, meaningful change are brought to life in practical ways. The podcast offers a reminder that Solution-Focused practice is not simply a set of tools, but a way of being in conversation—one that builds on what is already working and amplifies people’s own resources and possibilities.

A valuable listen for anyone interested in how Solution-Focused ideas translate into everyday practice.



Toward Solutions Podcast with Jason Pascoe and Dion Sing

[Spotify](#)

[Apple Podcast](#)

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

Did they get the secret manual?

Have you ever caught yourself looking at someone else and thinking, how do they have everything so together? Maybe it's their confidence, their achievements, or the way they seem to navigate life so effortlessly. Meanwhile, we're standing there thinking, Did they receive a secret manual that the rest of us somehow missed?

Comparison has a subtle way of doing this. It directs our attention outward, often toward what seems missing in ourselves. The more we look there, the more convincing the story becomes. But solution-focused thinking invites a slightly different kind of noticing. Instead of asking, “why don't I have what they have?”, we might begin to ask, “what strengths have already helped me come this far?”. Perhaps resilience, curiosity, kindness, persistence, or simply the courage to keep learning even when things feel uncertain.

Interestingly, qualities we admire in others often reflect something we value deeply ourselves. And values tend to point towards abilities we already carry, even if we sometimes overlook them. A Solution-Focused lens doesn't deny admiration or even the

occasional moment of envy. It simply reminds us to widen the view. Alongside the strengths we see in others, there are also strengths quietly present in us.

And maybe the question is not who has more or less, but something simpler: What strengths are already here that might deserve a little more of our attention today?



Submitted by:
Harneet Kaur
SFBTA Student Member



RESOURCES

JSFP



Journal of Solution Focused Practice

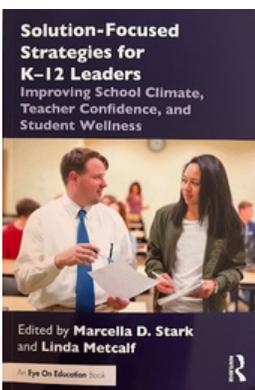
Most Recent Article: Go Beyond: Solution-Focused Organisational Development and Design – Book 2
Support the Evolution of Complex Systems by Elvira Kalmar

[View their Website](#)



BOOK OF THE MONTH

Edited by Marcella D.Stark and Linda Metcalf



This month, we're showcasing:

Solution-Focused Strategies for K-12 Leaders Improving School Climate, Teacher Confidence, and Student Wellness

Edited By: Marcella D. Stark and Linda Metcalf



Marcella D. Stark



Linda Metcalf

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

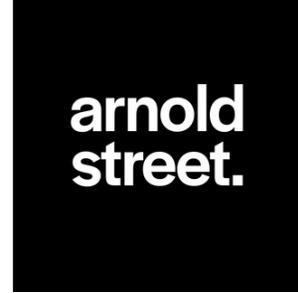
Microanalysis, the University at Buffalo School of Social Work, Relationspaces, and Arnold Street, and we're also pleased to acknowledge Wander in Harmony as a Bronze Sponsor — thank you for helping us advance solution focused practice and research around the world.

Be part of SFBTA 2026

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