



# Solution Focused Brief Therapy Association

News of the Difference

May 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

Dear all,

Welcome to the May edition of the SFBTA newsletter. We hope you enjoy this month's edition.

We invite you to explore the newsletter, including our President's message, committee updates, and exciting possibilities for our conference in Cleveland in November 2026.

There are also some wonderful opportunities taking place across the globe to enjoy, alongside resources that we hope you will find useful, as well as some glorious photos from our member meetups.

As Jane Goodall reminds us:

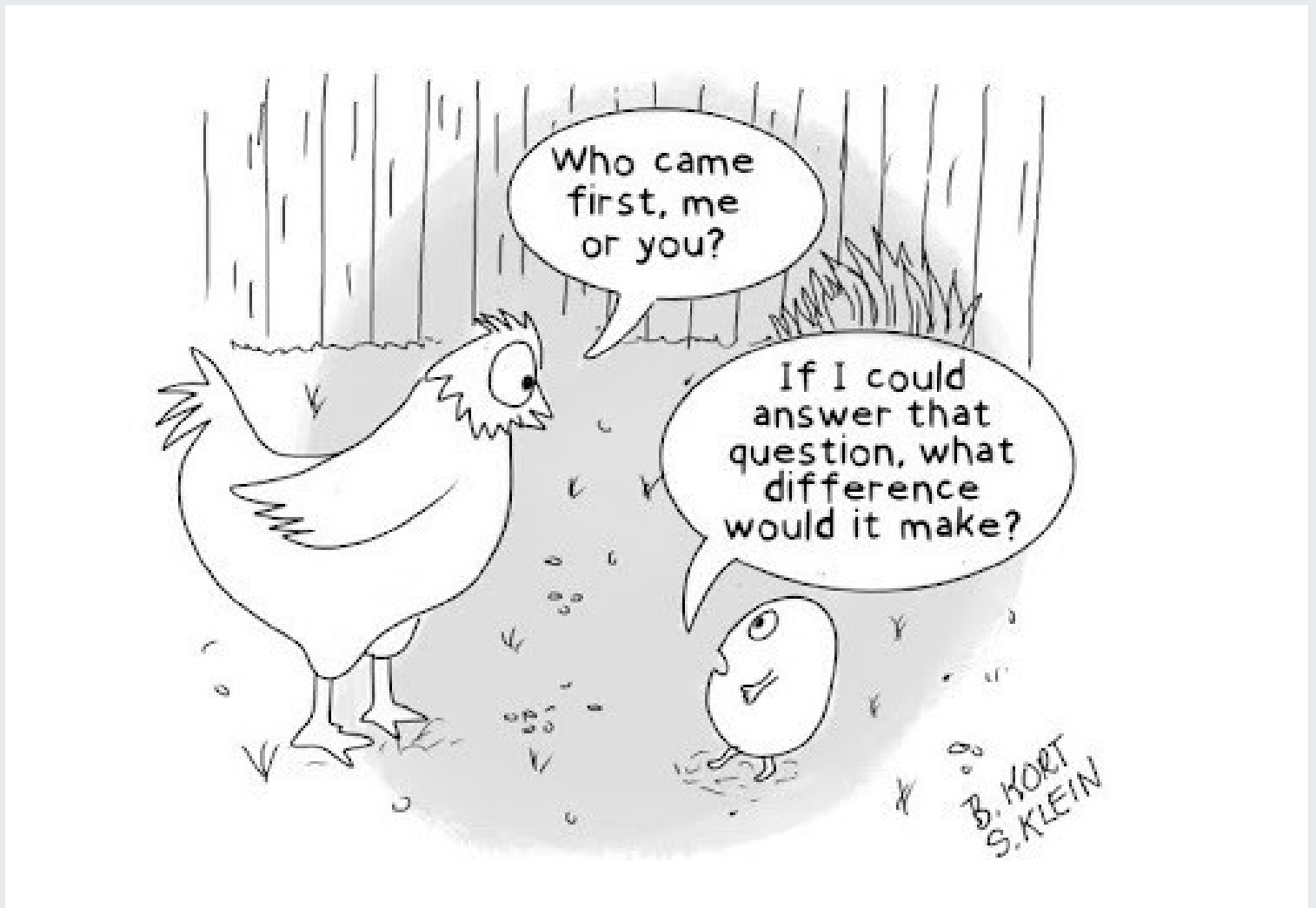
"Every individual matters. Every individual has a role to play. Every individual makes a difference."



Warm wishes,

Tara Gretton

Chair of Member Communications Committee



Beverley Kort



Steve Klein

### President's Message

We're enjoying connecting with you through our monthly newsletter! On behalf of the SFBTA, I want to extend a huge thank you to Tara Gretton, our Chair of Membership Communications, for taking the care each month to publish this excellent resource. Your hard work Tara positively contributes to extending and deepening our SFBTA correspondence and community.

It has also been wonderful receiving so much positive feedback on recent submissions, and we hope to see even more submissions in the months ahead.

We want to thank Harneet Kaur, who has taken the initiative to submit a vibrant and thought-provoking article each month. We love reading your work Harneet! As well, we've been thoroughly enjoying and chuckling to Beverley Kort and Steve Klein's original solution focused cartoon each month. Thank you for your creativity and dedicated energy behind this project.

We're happy to feature your articles/submissions and would love to hear from a diverse range of voices from the SFBTA community - your thoughts, upcoming projects and the unique ways in which you're applying Solution Focus in both your professional work and daily life. Please send your contributions to [board@sfbta.org](mailto:board@sfbta.org).

### Website Updates

We're currently developing our website content and could use your help!

- **Archival Materials:** If you have any historical information or documents that might be helpful, please send them along.

- **Member Publications:** Have you published any work (book, chapter, article)? Let us know so we can proudly add it to our Publications by Members page.
- **Legacy Member Articles:** If you are an SFBTA Legacy member, please submit your articles to us. We would like to post them in a dedicated section on our website - publications page, where we include legacy materials. With your permission, we'll be happy to include these in the newsletter as well.
- **Feedback:** If you notice anything missing or have suggestions for [sfbta.org](https://www.sfbta.org), please let us know.

### Save the Dates!

- **2026 Conference:** Registration will be opening very soon!! We're so excited for November 5th- 8th and hope to meet up with you there. Note that the proposal submission deadline has been extended to June 15th.
- We're looking ahead to the **SFBTA 25th Anniversary** which we'll celebrate during the 2027 Conference. If you or your organization is interested in Chairing this conference, please reach out to us.

Please send us your questions and feedback. Your input is welcomed. Thanks so much!



Warmly,  
Vicky Essebag  
President SFBTA 2026  
[www.sfbta.org](https://www.sfbta.org)  
[board@sfbta.org](mailto:board@sfbta.org)



## SFBTA 2026 CONFERENCE

### Call for Proposals & Website

As spring turns to summer, excitement for the upcoming SFBTA Conference continues to grow! Our conference planning committee has been hard at work building a meaningful, energizing, and collaborative experience for attendees from across the solution-focused community.

One important update: the proposal submission deadline has been extended to Monday, June 15, 2026. We know so many of you are doing innovative and inspiring work in clinical practice, education, coaching, research, leadership, healthcare, and community settings, and we would love to showcase your ideas and expertise. If you have been considering submitting a proposal, now is the perfect time!

We are also thrilled to welcome attendees to the vibrant city of Cleveland. Cleveland offers a wonderful blend of culture, creativity, and Midwest hospitality. Conference attendees can enjoy beautiful lakefront views along Lake Erie, explore the city's thriving arts and music scene, visit world-class museums, and experience Cleveland's incredible food culture and historic neighborhoods. From the energy of downtown to the charm of neighborhoods like Ohio City, Tremont, and Little Italy, there is something for everyone to enjoy.

We are looking forward to gathering together for connection, learning, and inspiration. Thank you to everyone who has already submitted proposals, shared sponsorship opportunities, and supported the planning process. We cannot wait to see this conference continue to bloom over the coming months!

Be sure to submit your proposals by **Monday, June 15** — we hope to see many of you represented in this year's program!

[Learn More about Submissions](#)



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](mailto:board@sfbta.org)



**Research Committee - Mo Yee Lee - Chair**

## SFBTA 2026 Research Awards

Call for submissions!



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

[Learn More and Apply](#)



**Board Development - Marsha Wichmann - Chair**

The Board Development Committee continues to support the ongoing health and effectiveness of the organization by helping ensure that board conversations, proposals, and decision making remain grounded in Solution Focused values and principles. The committee serves as a reflective space for considering whether proposed bylaw changes, initiatives, or organizational discussions align with the mission of the organization and contribute meaningful value to members and the broader SFBT community.

As needed, the committee may also encourage collaborative discussion among members regarding proposals or emerging organizational needs prior to formal action. This process is intended to support thoughtful dialogue, shared understanding, and alignment with the organization's core philosophy.

An additional area of focus includes the periodic review of board and leadership roles to ensure responsibilities remain relevant, effective, and responsive to the evolving needs of the organization. This includes considering how advancements in technology, changes in communication practices, virtual engagement, accessibility, and broader social developments may impact board functioning and member participation. The committee aims to help the organization remain adaptable while preserving the collaborative and Solution Focused spirit central to its work.

**Archives Committee - Katharine Davis - Chair**

The Archives Committee is continuing work on an exciting project to create a documentary about the founding of SFBTA. We are looking for volunteers to support all aspects of this effort, especially



members who have experience in producing, filming, or editing. If you have these skills or know someone who does, we would love to hear from you.

We have also revived a project to create and maintain an Archival Material Bank. This resource will make historical documents more accessible to our members. We are seeking volunteers to help review archived materials and identify items to include. This is a great opportunity for anyone interested in exploring the history of SFBT in a meaningful way.

If you would like to be involved with the committee but are not drawn to a specific project, you are still very welcome to join us. We value your presence and participation. Our next meeting will take place on **June 28 at 10:00 AM Central Time**. Email Katharine Davis for the zoom link or to express interest.

#### **Professional Development Committee - Olivia Wedel - Chair**



The Professional Development Committee would like to share two exciting updates with the SFBTA community.

#### **SF in Conversation: Connecting Generations with What Works**

The upcoming Town Hall event, SF in Conversation: Connecting Generations with What Works, is currently being rescheduled in order to accommodate more Legacy members. The new date is still to be determined, and further information will be shared with members soon.

#### **SF Affinity Groups/Learning Circles**

##### **June 27 at 11AM CST**

The goal of the SF Affinity Groups/Learning Circles is to provide a safe, collaborative space for individuals from the global SF community to come together to explore SF practices and interests across diverse careers and professional settings.

Intentionally smaller and informal, the content and meaning from each group will be co-constructed by those who attend. The group contexts for the first two circles include:

- Graduate educators in college and university settings (in any discipline)
- Healthcare professionals (from any setting)

The groups will be moderated by a Board member or a member of the SFBTA Professional Development Committee, using a flexible, co-created structure as participants identify what works within the first two groups. The vision of the SF Affinity Groups/Learning Circles is to promote professional engagement across the global SF community. These affinity groups are not training spaces. Anyone joining a group will have the opportunity to learn about a context or career through the SF lens, so familiarity with Solution-Focused practice is helpful, but not required.

The Learning Circles are free for SFBTA members and \$30 for non-members. Registration information will be shared with members once available.



## **MEMBER MEET-UPS**



Laura Gregory and Tara Gretton, two SFBTA members, met halfway in Abberley in the UK and had the opportunity to spend time together talking about their proposals for SFBTA 2026 and making arrangements for flying to Cleveland. It was a beautiful day, the sun was shining and the scenery was green and lush. It felt like a beautiful time to pause, connect, and plan together.

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



## SF OPPORTUNITIES

### Events and SF Gatherings

#### Solution Focused In Organisation

SFiO is an international network of solution-focused practitioners which promotes, supports and develops research and applications of Solution Focus in Organisations. This website accompanies you in your discovery of SF by offering you an overview of SF events worldwide, access to the SF Clues, to the InterAction Collection, and much more. Enjoy staying curious.

[Learn More](#)

#### SF24/25 Watch Party

**When:** 4 June 2026

June: **Coaching in Slow Motion** with Daniel Meier

[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**

## **Congratulations Shirley!**

We would like to warmly congratulate Shirley Shani Ben Zvi on recently achieving her PhD. Shirley is a past SFBTA board member and continues to contribute meaningful work through her grief therapy practice, Hope in Grief Therapy.

Her commitment to supporting people through grief and loss reflects the compassion, connection and hope that sit at the heart of solution-focused practice. We celebrate this wonderful achievement and all that Shirley continues to bring to the field.



## Brighter Futures Jersey: solution focused practice in action

Brighter Futures Jersey is a wonderful charity in Jersey in the UK that utilises solution focused practice in their conversations with families, children and young people in their community.

Tara Gretton has had the opportunity to deliver solution focused training to them and alongside them, and to connect with their practitioners and wider team. Tara also spoke recently as a keynote at a small conference they held, which brought together people from across their community. It was an inspiring opportunity to share solution-focused ideas and practice in a way that felt grounded, accessible and connected to their everyday work with families, children and young people.

The sessions created space for reflective dialogue, curiosity and shared learning about what helps conversations stay hopeful, practical and focused on change that feels possible. There was a strong sense of practitioners recognising and building on what they already do well, and how solution-focused ideas can amplify that work rather than replace it.

It felt like a really meaningful space for shared learning and reflection, and a chance to see solution-focused practice come alive in a community setting. We wanted to highlight their work in this SFBTA newsletter as a way of recognising and celebrating the thoughtful, relational and hope focused way they are working with families in Jersey.



[View their Website](#)

***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

#### **Patience and Pending Notifications**

Lately, I have started feeling like patience is less of a virtue and more of a full-time job. Everywhere I look, something is “processing,” “under review,” “loading,” or “we will get back to you shortly.” At this point, even my tea probably needs 3–5 business days.

The funny thing about patience is that everyone talks about it like it is this calm, peaceful experience. Meanwhile, real patience often looks like checking your email twice in five minutes just in case the universe suddenly becomes faster.

And somehow, life keeps finding creative ways to test it. Waiting for replies. Waiting for feedback. Waiting for meetings. Waiting for people to answer messages they definitely saw. Very character-building experience, honestly.

I also used to think patience meant doing nothing. Like sitting dramatically near a window while inspirational music plays in the background. But I think I understand it differently now.

Patience is replying to emails even when you are nervous to send them. It is continuing your work before receiving reassurance. It is trying, learning, showing up, and trusting that not every meaningful thing happens instantly.

And maybe that connects beautifully with solution-focused practice too. Because solution-focused conversations are often not about controlling the entire future in one moment. Sometimes they are about noticing small progress, small responses, small shifts, and continuing forward anyway.

Even if your inbox is still stressing you out.



Submitted by:  
Harneet Kaur  
SFBTA Student Member



## RESOURCES

### JSFP



#### **Journal of Solution Focused Practice**

Most Recent Article: [Putting the Hope Back In: Making the Case for Solution Focused Practice in AMHP Interventions](#) by Nick Perry, Kelly Alexander, PhD, Jill Hemmington, PhD

[View their Website](#)

#### **Astrid Dobmeier's Publications**

Most Recent Article: [About systemic solution focused self-reflection in general](#)

[View her Publications](#)



[View her work on Deselfie](#)



**Veronika Sweet's Publications**

Most Recent Article: [Aus derForschung: Künstliche Intelligenz und systemische Haltung: Impulse für Begleitung in Zeiten des Wandels](#)

[View her Publications](#)



**BOOK OF THE MONTH**  
**Written by Andrew Gibson**

The Essence of  
Solution Focused  
Practice

This month, we're showcasing:

The Essence of Solution Focused Practice



Andrew Gibson



by Andrew Gibson

**This simple, elegant book brilliantly explains four key elements that should feature in every conversation.**

- In a world of complication, this book refocuses you towards common sense
- In a world of isolation, this book helps you discover and grow your social capital
- In a world of constant activity, this book helps you know your actions will give you what you want
- In a world of instant gratification, this book helps establish the importance and value of time

These four elements are the Essence of Solution Focused Practice. Once learned, they can be applied to all situations, methods and models, and all areas where progress is made through useful conversations.

Where change is desired, or forced upon you, reach for The Essence of Solution Focused Practice to help you identify and take your next steps.

**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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Solution-Focused Coaching, Consulting, Leadership -  
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