



# Solution Focused Brief Therapy Association

News of a Difference

October 2025

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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 the President, Shaema Imam

Our favourite time of the year has finally arrived! Conference time! I look forward to seeing as many of you as possible next week at the Annual Conference to be held in beautiful Toronto at the Chelsea Hotel from November 6th to 9th, 2025. Please see our October newsletter for last updates about the conference, upcoming SF events around the world, as well as our ballot to date for 2026 Board Nominees! We also have our draft amendments to the Bylaws for your feedback. Our committees are zooming ahead (literally and figuratively!) with ideas and plans, and our members are joining in from various timezones from East to West! We also have a new feature for you to read, SF@Work! With an invitation to submit your own essay for publication in a future issue if you wish. As our 2025 Board enters its last quarter, we are excited to present our annual report at the Members Meeting on the 8th. Keep in touch!

Warmly, Shaema Imam, B.Sc. , BSW, MSW, LMSW, (GA)  
President, Solution Focused Brief Therapy Association



# SFBTA 2025 CONFERENCE

## Updates

See our Speaker Lineup!



### Jennifer Gerwing

will be your keynote speaker for SFBTA 2025 on November 7, 2025, from 9:00 AM to 10:00 AM.

Talking about Talk: Using Microanalysis to Co-construct Reflective Practice

See Full Speaker Lineup

Register

### DISCUSSIONS WELCOME!

Connect with fellow attendees, ask your questions, and join conversations as we count down just one month to the conference.



The Discussions tab is now open on the SFBTA Conference website! 🗨️ Ask questions, connect with fellow attendees, and join the conversation before the event. You can also download the app to stay updated and keep your personalized agenda right at your fingertips.

App Store

Google Play



Haven't purchased your banquet ticket yet? 🍴 Tickets are \$70, and while the All-Access Pass (excluding student pass) includes the banquet, all other passes require a separate ticket. Tickets are available until November 2 (Sunday)!

Purchase Here



We're so grateful for our event sponsors whose contributions provide us with many additional opportunities to facilitate a smooth conference, ongoing research, professional practice, resources, community relationships and more, in the development of the Solution Focused Brief Therapy Association.

See our Sponsors



## SF AROUND THE WORLD

### Events and SF Gatherings

SF24/26

**About SF24**

SF24/26 is a unique global event, with four regional time zone conferences running round the world consecutively on Febr. 5-6, 2026. Each time zone conference offers you six hours of Solution Focused presentations, workshops, panels and plenaries aimed at:

- Strengthening the networks within the SF community
- Showcasing the variety of Solution-Focused work – as organisational consultants, teachers, coaches, facilitators, academics, researchers, writers, counsellors or therapists
- Inviting more people to take an interest in the SF approach
- Peer support to re-fuel your SF tanks

6 Years of SF24

4 Timezones

1400+ Average attendees yearly

**5-6 February 2026**

**Call for contributions**

**Submit your work now:**  
[solutionfocus24.com](https://solutionfocus24.com)



#### SF24/26 Online Conference

**When:** 5-6 February 2026

**Call for proposals now open:**  
<https://www.solutionfocus24.com/>

[Learn More](#)

#### SF24/25 Watch Party: "Scaling Invariance—From SF Scaling to Some Fractal Aspects of Humans and Other Viable Systems" by Klaus Schenck

**When:** Every first Thursday of the month (November 6)

5 PM CET / 11 AM EDT

*Watch parties are free but registration is required*

[Sign up](#)

#### SOLWorld Summer Retreat 2026

**Where:** Möschberg Oberthal Switzerland

**When:** 10-15 August 2026

[Register](#)



## MEET THE CURRENT BOARD MEMBERS

### Shaemalmam



**Shaema Imam**  
*President*

Shaema Imam has her undergraduate degree in Microbiology and Immunology from McGill University, her Bachelor of Social Work degree from the University of Calgary, and her Master of Social Work degree from the University of Denver with a concentration in Mental Health and Trauma. She has worked in the fields of homecare (Canada), community development (Bahrain and Dubai), and community mental health and recovery from substance abuse (Atlanta). She is registered as an LMSW in the State of Georgia and is currently working as a suicide prevention specialist.



## BOARD UPDATES

### Suggested Bylaw Amendments & Board Nominees

The SFBTA Board is honored to welcome all members to its **Annual Members' Meeting (AMM) on Saturday, November 8, 2025**, on the second day of the Conference.

We will be presenting our annual report, including an overview on our committee work, financial report, and suggested Bylaw amendments. We will be seeking approval on these amendments and all members are encouraged to be present to be able to cast their valued vote.

Please see the document for the suggested bylaw amendments to date.

[View Bylaw Amendments](#)

**If you have any comments or suggestions on these amendments, you are welcome to email the President at [board@sfbta.org](mailto:board@sfbta.org) by Sunday, November 2, 2025.** After this date, the suggested bylaw amendments document will be sent for formatting into a ballot to enable voting on the 8th. At that time, only those **present live** at the Annual Members' Meeting (AMM) will be eligible to vote on the Amendments. Thus, if you are not able to attend the AMM but have thoughts on the amendments, please do email us by the 2nd. Your suggestions are important and appreciated. Thank you!

**Also, we are proud to present the slate of nominees received via our online portal for election to the 6 vacant positions on the board for the 2026-2028 term! We will also be accepting nominations from the floor during the Annual Members' Meeting. If your heart and mind are wishing to join the Board, please don't hesitate to make it known by coming forward on the 8th! If you have any questions about this process, please email us at [board@sfbta.org](mailto:board@sfbta.org).**

### Cecile Dietrich

Cecile Dietrich is a psychiatric nurse practitioner in private practice. She has worked in health care for sixteen years with experience in medical acute care settings, inpatient psychiatry, residential treatment programs and outpatient mental health settings. Before she transitioned into private practice, she was program director of a psychiatric mental health nurse practitioner residency for a facility within the U.S. Veteran's Administration Health Care System. Her approach to health care and training is solution-focused; she has participated in training with the Solution Focused Universe, the Institute for Solution Focused Therapy and the Denver Center for Solution Focused Brief Therapy. She has been a conference proposal reviewer for the SFBTA conference for the past three years. In 2024, she administered the online SFBTA conference survey and completed the evaluation report, which was submitted to the SFBTA board. In 2025, she serves as chair of the SFBTA Conference survey subcommittee. Cecile is a professional, positive, insightful and dedicated contributor who approaches her work with care. She would be a valuable asset to the Board. She has served as secretary in various organizations and is comfortable in that role.

### Katharine Davis

Katharine Davis, PhD, is the owner of Southlake Child and Family Therapy, where she supports clients across the lifespan, including children, young adults, adults, and families, in Southlake, TX. She is a Licensed Professional Counselor in the state of Texas, Certified in Clinical Hypnosis, and an Approved Consultant in hypnosis supervision through the American Society of Clinical Hypnosis. Dr. Davis is especially passionate about solution-focused brief therapy, and her clinical approach is grounded in a deep respect for the strengths and resilience of her clients. Her therapeutic interests and experience also

include Ericksonian Therapy, mindfulness, developmental trauma, and hypnosis. At her practice, Dr. Davis offers a unique opportunity for clients to participate in sessions observed by a solution-focused reflecting team, a group of fellow therapists who provide thoughtful, strength-based feedback at no additional cost. This collaborative experience reflects her commitment to both client growth and professional learning. Dedicated to service and ongoing development in the counseling field, Dr. Davis teaches as adjunct faculty in the M.Ed. Counseling Program at Texas Christian University. She also trains and supervises practitioners through the North Texas Society of Clinical Hypnosis, where she proudly serves as a Board Member.

## **La Toya Brown**

I am a military psychologist practicing in Texas. I believe I would be a valuable asset to the SFBTA Board because I bring a distinct voice and perspective that can enrich the organization through broader representation and inclusion. Over the past three years, as a member of the Outreach Committee (EDI), I have been deeply involved in advancing SFBTA's commitment to diversity and growth. My contributions have included developing demographic surveys to gather essential insights about our membership, collaborating on the redesign and rebranding of the committee's website, and helping shape initiatives that foster a more inclusive and engaging community. These experiences have strengthened my understanding of SFBTA's evolving needs and deepened my dedication to creating meaningful connections across all levels of the organization. I am passionate about continuing this work by developing strategies that expand awareness of SFBTA, increase membership enrollment, and promote active participation among students, early-career professionals, and underrepresented communities. I am also committed to fostering collaboration and highlighting the relevance of solution-focused practices in diverse contexts. Through these efforts and values, I aim to support the organization's ongoing mission of growth, representation, and impact.

## **Mo Yee Lee**

Mo Yee Lee received training on SFBT from the Brief Family Therapy Center with Insoo and Steve in 1996. Mo Yee's scholarship focuses on intervention research using a solution-focused, strengths-based, systems-based, and integrative perspective in mental health treatment and in cross-cultural settings. Her books, *Solution-Oriented Social Work: A Practice Approach to Working with Client Strengths*, and *Solution-focused treatment with domestic violence offenders: Accountability for change*, were published by The Oxford University in 2003 and 2011, respectively. Mo Yee, together with Adriana Uken and John Sebold, is also the recipient of the 2008 Insoo Kim Berg Award for Innovative Research and Application of Solution-Focused Brief Therapy. In addition, she serves on the SFBTA Research Committee and has collaborated with the committee on the 2025 SFBTA Treatment Manual. Mo Yee deeply respects Insoo and Steve and embraces SFBT not just as a practice but as a way of thinking. Her best hope for serving on the SFBT board is to continue strengthening SFBTA as an organization as we are getting more global, fostering a collaborative and inclusive culture within the organization, and building stronger evidence for SFBT as a respectful and collaborative way of working with people.

## **Tara Gretton**

Tara Gretton is a Solution-Focused Practitioner with over 20 years of experience. Tara has been accredited by the International Alliance of Solution-Focused Training Institutes and is registered by Social Work England. Tara works most of her time with children and young people and has postgraduate child development qualifications. Her experience of the Solution-Focused Approach is within the social care setting, educational settings, charity sector, and organisational change. Tara currently works in schools in her local area of Bath and runs a private practice delivering solution-focused therapeutic interventions to children, young people, families and adults. Tara feels passionately about working with people to give greater opportunity for their voice to be heard and for them to notice their unique personal resources and capabilities; to enable them to become unstuck from challenges relating to mental health and everyday living. Tara works within education and with other agencies providing a variety of solution focused services, such as consultancy, training and coaching, as well as 1:1 and group

work interventions. Tara is on the SFBTA Conference planning team for 2025. She also co-led a professional learning event for one of the SFBTA Town Halls in 2024. She is a team-oriented person, who values community.



## COMMITTEE UPDATES

### Join the Committees!

#### Professional Development Committee



The professional development committee has many ideas for ways that members can network and learn from each other outside of our established conference and town hall events. We want SFBTA to promote Solution-Focused Practice, support ongoing member development, and serve as a central hub for online learning opportunities. We are hoping to bring forward skill development workshops, quarterly group case consults, focused learning circles based on specialization/affinity group, as well as year-round mentorship dyad opportunities. You can view our webpage: [SFBTA Professional Development Committee | SFBTA](#). If you would like to join our efforts please email [board@sfbta.org](mailto:board@sfbta.org) for details.

#### Outreach Committee



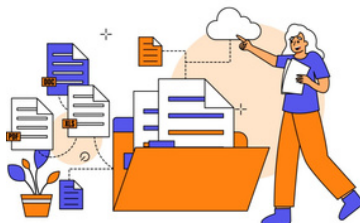
The Outreach Committee (previously the EDI Committee) has been meeting to discuss its goals and task for the coming months. We are currently in an outreach initiative to contact organizations around the world representing groups or initiatives that are not yet involved with the SFBTA. We are also looking for ways to make involvement in SFBTA events more accessible to underrepresented groups. Thirdly, we are researching SF resources that illuminate how this approach is honouring and celebrating diversity, and hope to have ongoing curated lists on our webpage: [SFBTA Welcoming Committee | SFBTA](#). If you would like to join our efforts, our next meeting is November 30, 2025. Please email [board@sfbta.org](mailto:board@sfbta.org) for details.



#### Research Committee

The research committee is now working on translation requests and dissemination of the 2025 SFBT Treatment Manual. Members are getting ready to announce and honor the 2025 Research Award Winners at the SFBTA Conference during the Research Day on the 6th as well as at the Banquet on the 7th. If you would like to find out more about the Research Committee and its projects, you are welcome to view their webpage in progress: [SFBTA Research Committee | SFBTA](#)

#### Archives Committee



The archives committee is moving along on its endeavor to gather those who knew Steve and Insoo and interview them for our SFBT Documentary and as well as for our SFBTA 25th Anniversary Commemoration Video (in progress to be launched in 2027). If you would like to join us, please email the [board@sfbta.org](mailto:board@sfbta.org) to find out about our upcoming meetings.



## Member Communications Committee

This new amalgamated committee brings together the website, our social media (Linked In, Facebook, and Instagram), this newsletter, our email blasts, as well as a new member of the team, SFBTA's YouTube Channel! If you would like to be involved in producing content for any of these vehicles, please email us at [board@sfbta.org](mailto:board@sfbta.org).



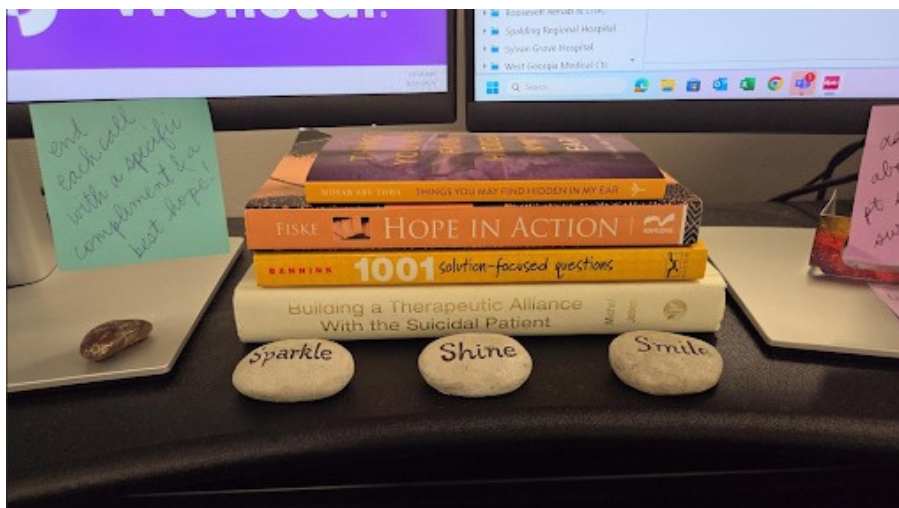
## SF@WORK

### Essay by Shaema Imam



I work as a suicide prevention specialist in the outpatient service line of a health system. I visit patients before they discharge from a hospital or behavioral health unit due to admission involving a suicide attempt or ideations. I ask their consent to contact them after discharge.

For those interested, we offer free weekly outreach calls for as many months as they wish to check in on their suicide risk, any anxiety or depression they may be dealing with, updates on resolving some of their suicidal drivers, as well as updating their safety plans. As the practice uses various modalities, it is sometimes difficult to bring in my solution-focused approaches into our daily flowsheets. I like to use scaling questions, look for exceptions, and use the safety plan as a list of what is working, and who is a resource for them already. Asking about their reasons for living serves to outline their preferred futures. I have Dr. Heather Fiske's book, *Hope in Action: Solution-Focused Conversations About Suicide* right on my desk (and have notes on almost every page!) It is an honour to walk alongside people during this challenging season of their lives, and I feel that the solution-focused approach provides me with ideal tools to help make the journey an uplifting one.



Shaema can be reached online at [www.linkedin.com/in/shaemaimam](https://www.linkedin.com/in/shaemaimam).

*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!*



## CALL FOR VOLUNTEERS

### Committee Volunteers

Would you like to get involved with the Solution Focused Brief Therapy Association? Anyone in the world with an interest in the Solution Focused approach is welcome to join us! Please choose one of the committees to join, or send your ideas for a new one! You can reach us at [board@sfbta.org](mailto:board@sfbta.org) or see our website anytime at [sfbta.org](http://sfbta.org).

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