



Solution Focused Brief Therapy Association

News of the Difference

April 2026

- [Message from Chair of Member Communications Committee](#)
- [SF Cartoon](#)
- [President's Message](#)
- [Updated SFBTA Mission and Values](#)
- [SFBTA 2026 Conference](#)
- [2026 Research Award](#)
- [Town Hall and Training](#)
- [Committee Updates](#)
- [Member Meet-ups](#)
- [SF Opportunities](#)
- [SF@Work](#)
- [Member Articles](#)
- [Resources](#)
- [Book of the Month](#)
- [Sponsors](#)

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 April edition of the SFBTA newsletter.

It's been a busy month, with our Town Hall and, as you'll see below, further developments towards our conference later in the year and lots of Committee Updates.

What went right this month?

I would like to share this quote with you:

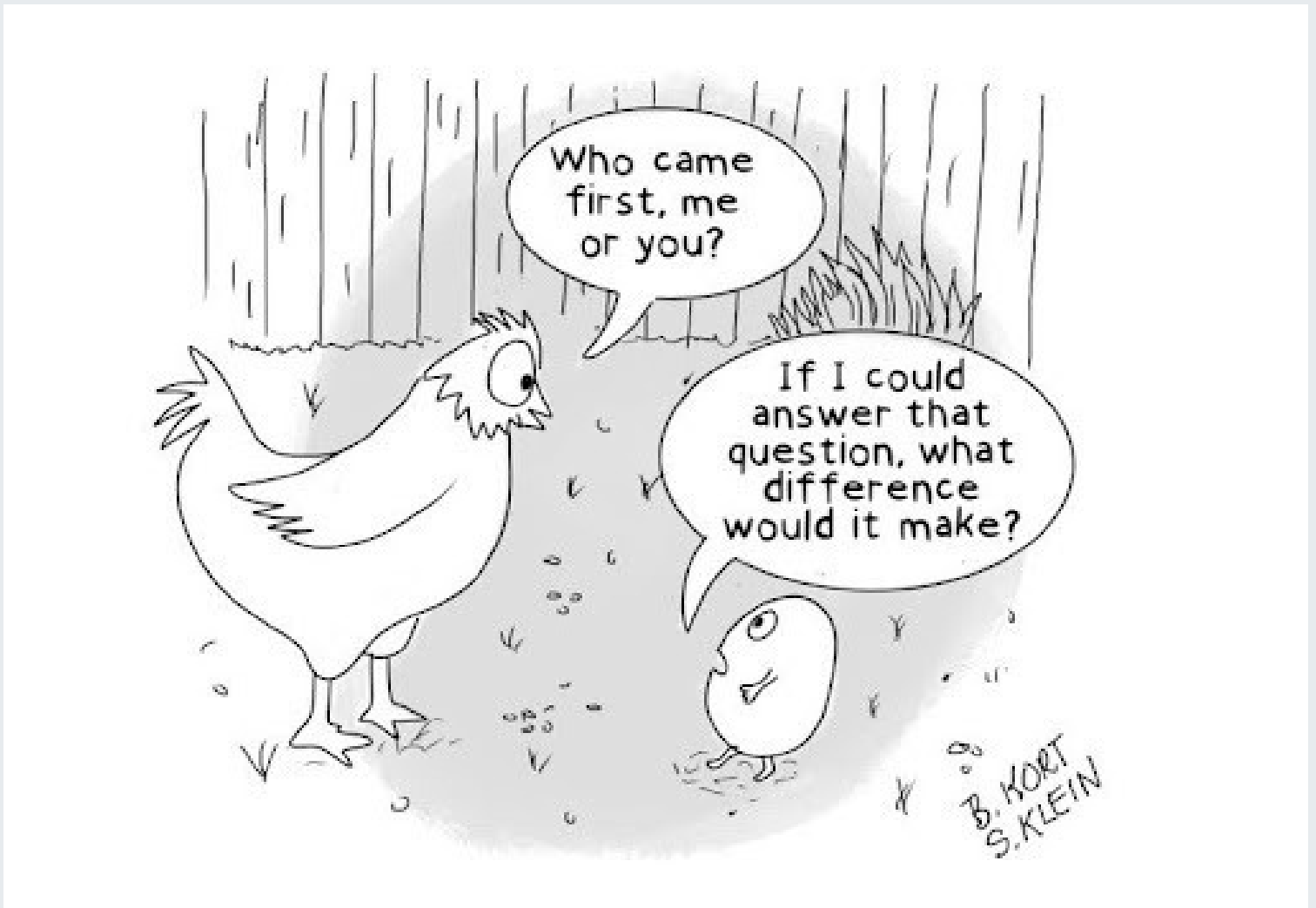
“There is a growing movement of people who are choosing to focus on what’s working in the world, not just what’s wrong.”

I invite you to take a moment to notice: small shifts, moments of connection, or times when things have stayed steady—or you have been able to do more of what is working in your life.



Warm wishes,
Tara Gretton
Chair of Member Communications Committee

SF Cartoon



Beverley Kort



Steve Klein

President's Message

Thanks to all those who were able to attend our Town Hall on April 11th! The SFBTA informational portion included many of our initiatives for this year: Conference 2026, SFBTA 25th Anniversary in 2027, Research, Archive and Professional Learning priorities, Membership and Outreach priority, Intentionally inviting streams of solution focused practice and professional learning (therapy, coaching, research, organizational development, education, health care, etc.), Liaising with Global Solution Focused Organizations, Updated Mission & Values.

Following the Town Hall, our professional learning co-facilitators, Dr.s Veronika Street and Astrid Dobmeier took us through a thought provoking and experiential Reflect Master Class - an advanced development program for solution-focused leaders, designed to help develop a systemic perspective in organisations and support, and to guide change processes. Thank you to both of these inspirational leaders for a wonderful session! We look forward to learning more from them!



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



UPDATED SFBTA MISSION AND VALUES WHAT WE DO AND WHAT WE BELIEVE

What We Do

Our association engages the wisdom and lived experience of our diverse community, bringing our deeply rooted solution focused practices and principles into varied professional and cultural settings.

What We Believe

With respect, inclusion and cultural humility, we are grounded in the principles of Solution Focused Brief Therapy, which are facilitated through collaboration with clients and colleagues. By noticing and utilizing personal resources, people describe and create the foundations to what they want. We believe that small differences lead to meaningful change through the sharing of ideas, practices, and multiple perspectives. We actively engage the wisdom and lived experience of our diverse community as we uphold a not knowing stance and an intentional language of change.

We are dedicated to inviting spaces for connection and collaboration across the globe and across contexts including research, therapy, coaching, education, healthcare, organizations and beyond. We celebrate local and global fellowship through an annual conference, ongoing communication and professional learning.



SFBTA 2026 CONFERENCE Call for Proposals & Website

They say April showers bring May flowers—and as we head into May, it's exciting to see our conference planning starting to bloom! Right now, we're focusing on proposals and sponsorships, and we'd truly love your support.

If you've been thinking about submitting a proposal, this is your nudge 😊 **The deadline is May 10, 2026**, and we hope to see many of you share the meaningful, creative work you're doing. Your ideas and experiences are what make this conference so special, and we'd love for you to be part of the conversations we're building together this year.

Submitting proposals early also helps us spread the word, welcome new attendees, and connect with sponsors—so it really does make a difference. You can submit your proposal here:

[Learn More about Submissions](#)

We're also looking for sponsors! If you know of anyone who might be interested, feel free to connect them with us at sfbta.annualconference@gmail.com. Sponsorship helps us continue growing our community and expanding access to the

conference.

I'm so grateful to be part of this community and honored to be serving as this year's conference chair. I'm really looking forward to what we'll create together.



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](#)



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

Research Committee - Mo Yee Lee - Chair

We're pleased to share that Solution-Focused Brief Therapy (SFBT) has received a "Promising" rating from the Prevention Services Clearinghouse Research Review.



This is a strong and encouraging starting point, and it's worth noting that only a small number of programmes receive this level of recognition in recent review cycles.

There is also the opportunity for the organisation to reapply for an updated research rating in the future, which could potentially lead to a higher classification as further evidence becomes available.

We see this as an important step forward in strengthening the evidence base for our work and continuing to develop impact in a meaningful way.



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.



Membership & Outreach Committees Combined

Co-Chairs: Cecile Dietrich & Toya Brown

We currently have 215 members in the association.

A key theme in recent discussions has been how we continue to support access and engagement for new and early-career members, alongside broader thinking about how membership can be strengthened and sustained over time.

There are ongoing efforts to build connections with training and educational settings, helping to raise awareness of the association among students and those entering the field.

Alongside this, there is continued encouragement for members to share and promote the association within their wider professional and online networks, supporting visibility and connection across communities of practice.



Professional Development Committee - Olivia Wedel - Chair

Thank you to everyone who joined us for the first Town Hall of 2026! Dr. Astrid Dobmeier and Dr. Veronika Sweet led an excellent workshop on ReflAct, and we learned how we can apply the systemic, SF framework in our organizations. It was delightful to interact in small groups with SF colleagues around the world!



Please save the date for our next Town Hall on **Saturday, August 15, 2026 at 11AM EST**.

In promoting the mission and vision of SFBTA, the committee is offering some additional learning opportunities this year as we see “what works” based on member feedback. We are hosting two SF affinity groups/learning circles on Saturday, June 27, with 90 minutes allowed in hopes of deeper conversation. We are inviting anyone who uses SF practices in healthcare and higher education to join as these are the first two topics that generated interest. A Zoom link will be shared soon. The learning circles are free for members!

Looking ahead into August, we plan to offer some options for graduate students who are interested in learning more from professionals who use SF in practice. If you are interested in contributing your knowledge and expertise in this space, please let me know!

If you are interested in serving on the committee, or if you have other ideas to share, please email: droliviaw@oliviawedelcounseling.com.

[Email Olivia](mailto:droliviaw@oliviawedelcounseling.com)



Finance Committee - Tom Fraire - Chair

As we closed out March, the organisation maintained a steady and positive financial position. While this provides a helpful foundation, we want to be transparent that there are current limitations in relation to taking on the costs associated with more expensive CEU approvals.

A key focus moving forward is the development of conference sponsorship opportunities. These partnerships are important in helping to support core activities, while also contributing to the gradual building of longer-term financial stability and reserves.

Alongside this, work continues to strengthen our financial tracking and oversight, supporting clearer insight and more informed planning as we move ahead.

Thank you, as always, for your continued support and engagement—it plays a vital role in sustaining the work of the organisation.



MEMBER MEET-UPS

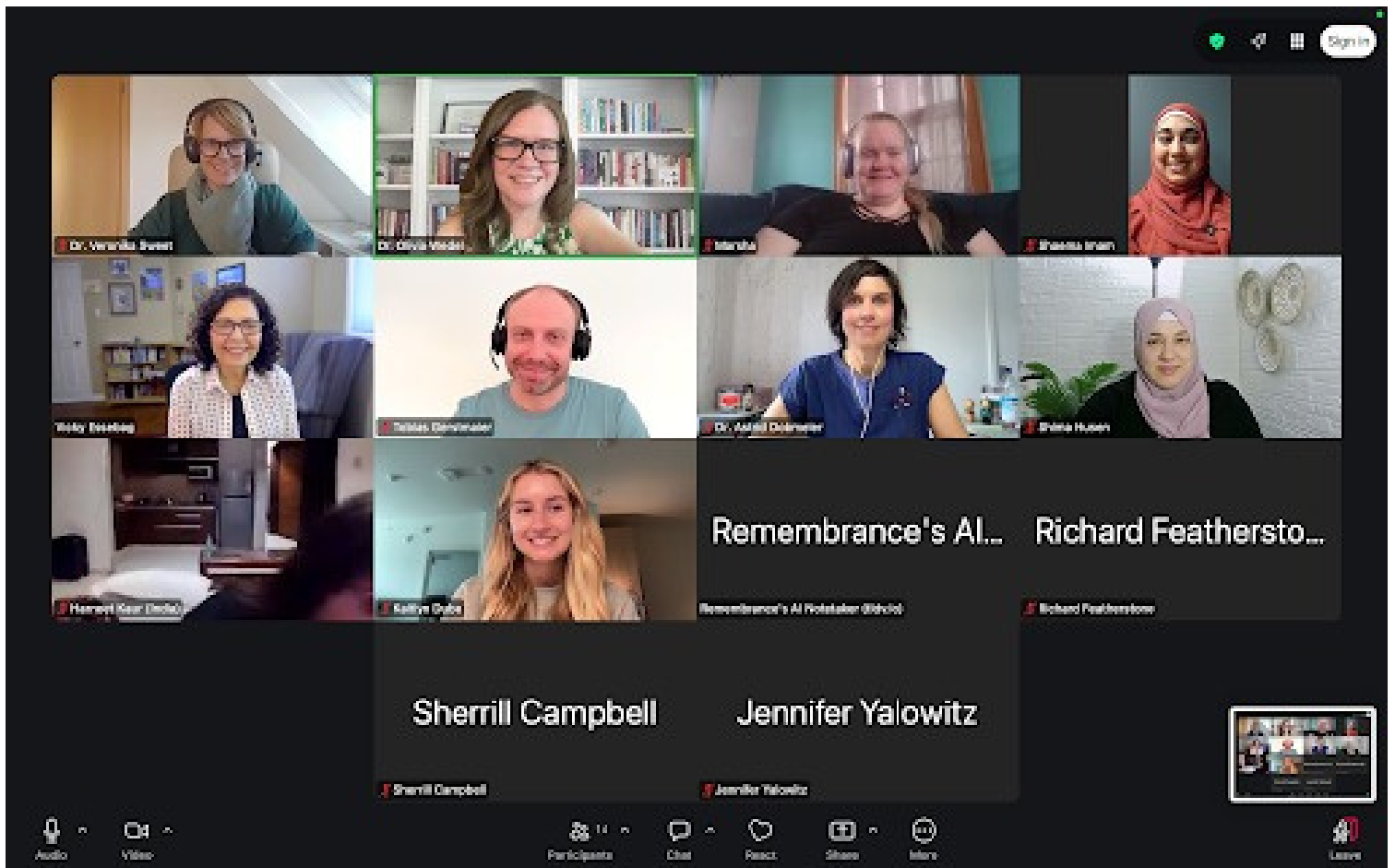


Photo from our recent town hall



Left to Right - Lena Gadegaard , Haesun Moon and Anne-Marie Wulf

Members meet up with Haesun Moon (conference 2025 co-host) and Anne-Marie Wulf (EBTA Chair and SFBTA member) and Lena Gadegaard (EBTA and SFBTA member). Enjoying some time together in Denmark!

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

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: 7 May 2026

Bringing AI into the Organisation with Elvira Kalmár and Zsófia Kishonti

[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

TraumaticusUK Based Organisation

Traumaticus is a UK-wide network of trauma-informed therapists and practitioners, grounded in a solution-focused philosophy and committed to “doing what works” for each individual client. Working closely with case managers, solicitors, and insurers, Traumaticus specialises in connecting clients—particularly those with complex cases—to carefully matched, accredited clinicians who can support meaningful progress.

At the heart of Traumaticus is a belief shared with the solution-focused community: that clients are the experts in their own lives. The service prioritises strengths, resources, and forward movement, while remaining flexible in approach. Alongside solution-focused practice, the network can draw on a range of evidence-based therapies, including CBT, EMDR, and DBT, ensuring that support is tailored to each person’s needs and context.

What makes Traumaticus distinctive is not only its nationwide reach, but its coordinated, relational model of care. The team takes on the work of sourcing, vetting, and supporting clinicians, enabling case managers to focus on the wider rehabilitation

journey. With no waiting lists, integrated reporting, and an emphasis on collaboration, Traumaticus creates a responsive and human-centred system that supports both therapists and clients alike.

Ultimately, Traumaticus is about connection, coordination, and hope—bringing the right people together at the right time, and maintaining a clear focus on outcomes that matter to the client. Looking for meaningful difference in a client's life to help them get where they want to be.



Steve Flatt and Laura Gregory from Traumaticus
Traumaticus 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

This Is What I Asked For... Right?

Lately, my brain has been running on two parallel tracks.

One says: "You have so much to do."

The other says: "You're still not doing enough."

A very supportive environment, clearly.

A couple of days ago, I was working on an article when another message popped up. Another task. Another responsibility.

And I just... laughed. Because at that moment, something felt slightly ironic. This is what I used to want. There was a time when I wished for more opportunities, more involvement, more meaningful work. And now that it's here, my brain is responding like, "Okay, but also... why is there so much of it?"

It made me pause. Because maybe the feeling of "this is too much" isn't only about pressure. Maybe it's also a sign that things are moving. That I'm stepping into spaces I once imagined for myself even if I occasionally feel like I skipped the part where I was supposed to feel fully ready.

And from a solution-focused lens, that shift in noticing matters. Instead of only asking, "why does this feel overwhelming?", I found myself asking, "what does this say about what's already changing?"

Perhaps it says I'm showing up.

Perhaps it says I'm trusted with more.

Perhaps it simply says I'm already in the middle of something I once hoped for.

And maybe, alongside the overwhelm, there's also something else quietly present: A small sign of progress that deserves a bit more of my attention.



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 Debbie Hogan, Jane Tuomola, Sukanya Wignaraja



This month, we're showcasing:

Solution Focused Coaching in Asia History, Key Concepts, Development, and Applications

Edited By: Debbie Hogan, Jane Tuomola, Sukanya Wignaraja

Through inspiring stories illustrating the diverse application of coaching within Asian contexts, this data-rich volume dives into the theory and practice of Solution Focused coaching offering numerous tools and techniques that can be used immediately.

With the rising demand for coaching across Asia, there is a need for coaches to have access to up-to-date practice-based evidence of its effectiveness. The Solution Focused approach, as a social-constructionist approach, privileges the clients' experience, resources, and preferred future over an 'analytic' or deficit-oriented stance. Contributors analyse real case examples from many countries across Asia including Singapore, Malaysia, Indonesia, China, Taiwan, Hong Kong, Japan, Cambodia, and Sri Lanka. Practical in its approach, the book offers new insights into established areas of coaching and also highlights innovations in coaching in areas where Solution Focused coaching and other models have not reached until recently.

These areas include health and wellness coaching for medical compliance needs, faith-based coaching, and coaching incarcerated fathers.

This is an essential and comprehensive resource that is written for both beginner and experienced coaches and addresses the need for effective and culturally sensitive coaching models in Asia. It will also be beneficial for managers and health care professionals looking to enhance their work through coaching skills.

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

**INTERNATIONAL
MICROANALYSIS ASSOCIATES**

 **University at Buffalo**
School of Social Work

relationspaces
Solution-Focused Coaching, Consulting, Leadership –
Schools, Organizations, Families



Follow Us On



You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)