



SFBTA 2025

MOVING CONVERSATIONS: ADVANCING SOLUTION-FOCUSED PRACTICE AND RESEARCH



November 6-9, 2025
Chelsea Hotel, Toronto

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NOVEMBER 6 (THURSDAY)

PRE-CONFERENCE WORKSHOPS

9 AM - 12 PM	Solution-Focused Brief Therapy 101 Heather Fiske @ Carlyle Room	<u>PAGE 17</u>
9 AM - 12 PM	Research Updates to Move Solution-Focused Practices Forward Taylor Yates and Karla Gonzales Suitt @ Scott Room	<u>PAGE 18-20</u>
1:30 PM - 4:30 PM	Moving Conversations: How to Engage Children in Conversations about Their Life Anne-Marie Wulf @ Carlyle Room	<u>PAGE 21-22</u>
1:30 PM - 4:30 PM	Team Coaching: Moving Conversations in Not-So-Simple Situations Haesun Moon @ Scott Room	<u>PAGE 23-24</u>
5 PM - 9 PM	Reception @ Bb3 Bistro and Brasserie at Chelsea Hotel	

NOVEMBER 7 (FRIDAY)

6:30 AM - 7:15 AM	Morning Yoga <i>@ Main Room Mountbatten</i>
7 AM - 8:15 AM	Continental Breakfast and Registration <i>@ Hallway Area</i>
7 AM - 8:15 AM	Conference Introduction <i>@ Main Room Mountbatten</i>

KEYNOTE

8:45 AM - 9:45 AM	Talking about Talk: Using Microanalysis to Co-construct Reflective Practice Jennifer Gerwing <i>@ Main Room Mountbatten</i>	<u>PAGE 26</u>
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THERAPY

10 AM - 11 AM	Brief Solution-Focused Experiential Activities to Enhance Client Resources Michael Reiter <i>@ Wren Room</i>	<u>PAGE 27-28</u>
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THERAPY

10 AM - 11 AM	Using the SFADS to Navigate and Strengthen the Therapeutic Alliance in SFBT Arnoud Huiber, Vasundharaa Santosh Nair <i>@ Main Room Mountbatten</i>	<u>PAGE 29-30</u>
11:15 AM - 12:15 PM	A call for reflection: is the not-knowing stance always the best choice? Brigitte Lavoie <i>@ Main Room Mountbatten</i>	<u>PAGE 35-36</u>
1:30 PM - 2:30 PM	Opportunities Analysis, Formulations, and Co-construction Joel Simon <i>@ Rossetti Room</i>	<u>PAGE 44</u>
2:45 PM - 3:45 PM	“Take a Walk on the Wild Side”: The Timeless Relevance of Solution-Focused Couple Therapy — Core Assumptions, Techniques, and Interventions Dina Bednar <i>@ Rossetti Room</i>	<u>PAGE 57</u>

ORGANIZATIONAL LEADERSHIP

11:15 AM - 12:15 PM	One Miracle Question, Thousands of Conversations: A Successful Solution Focused Journey Sondus Khan, Angela Murphy <i>@ Wren Room</i>	<u>PAGE 37-38</u>
1:30 PM - 2:30 PM	Moving minds with ReflAct: The interdisciplinary framework’s advancement for solution focused contexts Astrid Dobmeier, Veronika Sweet <i>@ Scott Room</i>	<u>PAGE 45-46</u>

ORGANIZATIONAL LEADERSHIP

2:45 PM
-
3:45 PM

Enhancing Solution Focused Communication through Mindfulness
Valerie D'Paiva, Nilusha Jiwani-Ebrahim, Kavita Bhatia
@ Wren Room

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SF LEARNING AND TRAINING

10 AM
-
11 AM

Brief Encounters, Deep Impact: Finding Hope in One Conversation
Shima Husen
@ Scott Room

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11:15 AM
-
12:15 PM

Advancing Solution Focused Practice: How to use text messages as a dialogue tool.
Anne-Marie Wulf
@ Rossetti Room

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1:30 PM
-
2:30 PM

What's New in SFBTA's Revised Treatment Manual?
Cynthia Franklin and Panelists: Peter De Jong, Ray Eads, Nate Guyton, Johnny Kim, Mo Yee Lee, Karla Gonzalez-Suitt, and Helen Taylor Yates
@ Main Room Mountbatten

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2:45 PM
-
3:45 PM

Multi-narrative as a moving conversation
Artur Lewinski, Tomasz Świtek
@ Carlyle Room

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EDUCATION

10 AM - 11 AM	Implementing and Enhancing SF Practices in Organizations: Small Changes Yield Big Results. Sharon Casey, Jennifer LeHuquet <i>@ Rossetti Room</i>	<u>PAGE 32-33</u>
11:15 AM - 12:15 PM	A moving conversation that can move you - Conversations with Young People Tara Gretton <i>@ Scott Room</i>	<u>PAGE 41</u>
1:30 PM - 2:30 PM	Future Play: Solution Focused Play Therapy with Children and Families Pamela King <i>@ Wren Room</i>	<u>PAGE 54</u>
2:45 PM - 3:45 PM	The Solution-Focused Parent; Conversations in Relationspaces that Support Self-efficacy and Wellbeing Vicky Essebag <i>@ Main Room Mountbatten</i>	<u>PAGE 61-62</u>

HEALTHCARE/RESEARCH

10 AM - 11 AM	Evaluating Advanced SFBT Practice in Community Settings: A guide for practitioners and researchers Helen Taylor Yates <i>@ Carlyle Room</i>	<u>PAGE 34</u>
11:15 PM - 12:15 PM	Working with injured athletes John Coumbe-Lilley <i>@ Carlyle Room</i>	<u>PAGE 42-43</u>

HEALTHCARE/RESEARCH

1:30 PM - 2:30 PM	Moving Solution-Focused Conversations within the Medical Model Environment - How a registered nurse psychotherapist has persevered and what may help you! Deb Bush <i>@ Carlyle Room</i>	<u>PAGE 55-56</u>
2:45 PM - 3:45 PM	(Poster Presentation) Is there room for Change? Training and use of solution-focused brief therapy among psychologists in Zimbabwe Remembrance Runyowa, Sikoliwe Eunice Sibanda <i>@ Hallway Area</i>	<u>PAGE 63-64</u>
2:45 PM - 3:45 PM	How to Become an SFBT Champion Ray Eads <i>@ Scott Room</i>	<u>PAGE 65-66</u>
4 PM - 4:45 PM	Reflection and Wrap-up for Day 1 <i>@ Main Room Mountbatten</i>	
6 PM - 9 PM	Banquet <i>@ Main Room Mountbatten</i>	

NOVEMBER 8 (SATURDAY)

6:30 AM - 7:15 AM	Morning Yoga @ Main Room Mountbatten
7 AM - 8:15 AM	Continental Breakfast and Registration @ Hallway Area

THERAPY

8:30 AM - 9:30 AM	Deeper into the DNA of SF Conversations Jennifer Gerwing, Peter De Jong @ Main Room Mountbatten	PAGE 68-69
9:45 AM - 10:45 AM	Back to Basics: Are We Really Looking for Strengths? Teri Pichot @ Main Room Mountbatten	PAGE 76-77
11 AM - 12 PM	Exploring the Utility of SFBT in Family Settings Arnoud Huibers, Vasundharaa Santosh Nair @ Carlyle Room	PAGE 85-86
11 AM - 12 PM	Recalculating route: changing directions when you are going around in circles Brigitte Lavoie @ Main Room Mountbatten	PAGE 87
2 PM - 3 PM	Solution-Focused Group Therapy: Addressing Challenges through Solution-Focus Elizabeth Taylor @ Scott Room	PAGE 99

THERAPY

2 PM
-
3 PM

(Poster Presentation) Randomized Evaluation of Local Champions for SFBT Implementation in Integrated Care Settings
Ray Eads
@ Hallway Area

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2 PM
-
3 PM

Cycles of Harm, Pathways to Hope: Solution-Focused Approaches to Domestic Violence
Ayse Adil
@ Carlyle Room

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ORGANIZATIONAL LEADERSHIP

8:30 AM
-
9:30 AM

Finding Solution-Focused Leadership in Ourselves: Learning from Many Lived Experiences
Naomi Whitehead
@ Carlyle Room

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8:30 AM
-
9:30 AM

(The Journey of a Solution-Focused Trauma Service: From Concept to Impact (Using conversation to change hearts and minds))
Steve Flatt, Laura Gregory
@ Rossetti Room

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SF LEARNING AND TRAINING

8:30 AM - 9:30 AM	La conversation en mouvement : trouver la stabilité dans le changement Nicholas Heux @ Scott Room	PAGE 75
9:45 AM - 10:45 AM	Regulation Before Resolution: Bringing Nervous System Awareness into Solution-Focused Practice Jessica Hawkins @ Wren Room	PAGE 78-79
9:45 AM - 10:45 AM	Using Animal-Assisted Therapy to Enhance Solution-Focused Conversations Bea Perryon @ Carlyle Room	PAGE 80
11 AM - 12 PM	The Bruges Model: a different map for the same territory Geert Lefevere, Sébastien Vernieuwe @ Scott Room	PAGE 88-89
11 AM - 12 PM	(Poster Presentation) AI Role-Play Training for Brief Therapy: Proposal and Progress Report Tomohiro Inoue @ Hallway Area	PAGE 90
2 PM - 3 PM	Solution Focused Improv Pamela King @ Main Room Mountbatten	PAGE 100

EDUCATION

9:45 AM - 10:45 AM	Looking for what works: Addressing chronic school avoidance through SF Principles Erin Cusanno @ Scott Room	PAGE 81-82
11 AM - 12 PM	Trigger Warning: Hopeful Conversations with Educators Mary Gauthier, Richard Hood @ Rossetti Room	PAGE 91-93
2 PM - 3 PM	Garza High School: Implementing Solution-Focused Conversations for Student Success Cynthia Franklin, Adriane Kimmel, Drew Nichols @ Rossetti Room	PAGE 101-103

HEALTHCARE/RESEARCH

9:45 AM - 10:45 AM	An IFS-informed and Solution-focused Approach to Finding Inner Superheroes Franchesca Garza-Fraire @ Rossetti Room	PAGE 83-84
11 AM - 12 PM	Reflecting Solutions through Moving Perspectives Filip Caby @ Wren Room	PAGE 94-95

3:15 PM - 4 PM	Open Space <i>@ Main Room Mountbatten</i>
4 PM - 5 PM	Closing Panel Peter De Jong, Latika Nirula, Louisa Jewell <i>@ Main Room Mountbatten</i>
7:30 PM - 9:30 PM	Canada Party <i>@ Canadian Centre for Brief Coaching 47 Queen's Park Crescent East, Toronto, ON M5S 2C3, Canada</i>

NOVEMBER 9 (SUNDAY)

8:30 AM - 9 AM	Exhibits and Registration
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POST-CONFERENCE WORKSHOP

9 AM - 12 PM	Trainers' Masterclass Haesun Moon <i>@ Scott Room</i>
	<u>PAGE 107-109</u>

WELCOME MESSAGE

FROM THE CONFERENCE CO-CHAIRS

Dear Colleagues, Friends, and Fellow Practitioners,

Welcome to the 2025 SFBTA Conference here in vibrant Toronto!

We're so glad you're here. This year's gathering reflects not only the breadth of scholarship and practice in Solution-Focused work, but also the care with which each session, panel, and moment of connection has been curated.

This year's theme — Moving Conversations: Advancing Solution-Focused Practice and Research — invites us to reflect on how conversations move us, shape us, and carry us forward. We've woven together research, practice, and community in ways that we hope will inspire, challenge, and affirm the good work you're already doing in the world.

As your conference co-chairs, we want to acknowledge the incredible contributions of the SFBTA Board, our planning committee, our volunteers, and most importantly, each of you — presenters, attendees, students, practitioners, and researchers — who make this space what it is: vibrant, intellectually enriching, and deeply human.

Whether you are here as a seasoned researcher, a new student of the approach, a therapist, a coach, a teacher, or a curious observer — you belong here. Your presence adds to this growing community that holds hope not as a theory, but as a practice. A practice of moving, together.

Thank you for showing up. Thank you for your work in the world. And thank you for choosing to be part of this shared moment.

Let us listen, laugh, learn, and linger — with one another and with possibility.

Warmly and with so much joy,
Haesun Moon & Vicky Essebag
2025 SFBTA Conference Co-Chairs

ABOUT SFBTA

We are dedicated to foster the exchange of ideas and practices in the field of Solution-Focused Brief Therapy. We aim to provide research awards, scholarships, and/or fellowships to further the development of the field of solution-focused brief therapy. We are committed to holding an annual conference.

MEMBERSHIP

Your conference registration includes a complimentary 1-year membership to the SFBT, connecting you with a vibrant, global community committed to advancing the practice and growth of Solution-Focused Brief Therapy. As a member, you'll enjoy exclusive benefits such as discounted resources, specialized training opportunities, and direct connections with peers and leaders in the SF field. Whether you're a practitioner, researcher, or simply passionate about SFBT, membership is your gateway to staying engaged, learning, and contributing to the future of the approach.

[**SEE MORE DETAILS**](#)

MERCHANDISE



Take a piece of the conference home by pre-ordering your SFBTA 2025 merchandise. Proceeds from each sale serve as a donation to the SFBTA, contributing to our efforts in advancing solution-focused practice through education, research, and community events.

[**PRE-ORDER HERE**](#)

→ NOVEMBER 6 (THURSDAY) ←
PRE-CONFERENCE

SOLUTION-FOCUSED BRIEF THERAPY 101

TIME	9 AM - 12 PM	ROOM	CARLYLE ROOM
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WORKSHOP DESCRIPTION

This half-day gathering is an opportunity to experience solution-focused practice. There are many excellent articles, books, podcasts and films about solution-focused work in diverse applications, and our time is short. Therefore the focus will be on trying out a solution-focused stance and solution-focused methods. We will practice and discuss solution-focused listening, accessing clients' preferred futures, and ways of focusing on what works. If your particular learning style means that it is helpful to consult some of the structured materials mentioned above, please feel free to do so (I can send some suggestions). Or just show up.

My three best hopes for the time we have together are that you will show up curious; that you will leave with at least a taste of what solution-focused conversation is like; and that you will begin to see how such conversation can be useful in the work that you do.

What are your best hopes from this meeting?



ABOUT HEATHER FISKE

Heather Fiske is an enthusiastic and experienced solution-focused practitioner, trainer, and supervisor. She is one of the founders of the Solution-Focused Brief Therapy Association and author of *Hope in Action: Solution-Focused Conversations about Suicide* as well as articles about solution-focused practice, suicide, and trauma. Most recently, she has been applying solution-focused methods to the writing process. Heather is the recipient of the Insoo Kim Berg memorial award for contributions to solution-focused training, and of the Canadian Association of Suicide Prevention's national service award. She lives on the glorious east coast of Canada near Halifax, Nova Scotia.

RESEARCH UPDATES TO MOVE SOLUTION-FOCUSED PRACTICES FORWARD

TIME	9 AM - 1 PM	ROOM	SCOTT ROOM
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RESEARCH DAY AGENDA

- **9:00 AM - 9:30 AM:**
 - Welcome and research highlights
- **9:30 AM - 10:30 AM:**
 - In-person or video-recorded presentations of previous research award winners
 - Meet A Past Research Award Winner: Where are they now?
- **10:30 AM - 10:35 AM:**
 - Announcement of 2025 Research Award Winners
- **10:35 AM - 10:45 AM:**
 - Break
- **10:45 AM - 11:45 AM:**
 - How to Practice SFBT with Fidelity Using the Revised SFBT Treatment Manual
- **11:45 AM - 12:05 PM:**
 - Evidence-Based Updates
- **12:05 PM - 12:45 PM:**
 - Practice/Research Partnership Conversation Break Out Groups
- **12:45 PM - 1:00 PM:**
 - Closing Remarks

MORE ABOUT THE RESEARCH DAY FACILITATORS
ON THE NEXT PAGE



RESEARCH UPDATES TO MOVE SOLUTION-FOCUSED PRACTICES FORWARD

TIME	9 AM - 1 PM	ROOM	SCOTT ROOM
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ABOUT HELEN TAYLOR YATES

Taylor is an Assistant Professor in the University of North Carolina Wilmington College of Health and Human Services' School of Social Work. There, she teaches human behavior and research methods courses at the bachelor's and master's levels. Her research interests include understanding the wellness needs of people with health, mental health or substance use issues from a client-centered perspective. Her recent projects include evaluating the Solution Focused Wellness for HIV Intervention for Women, examining solution focused wellness workshop effects and evaluating a residential program for people experiencing homelessness and substance use. Taylor has published articles in peer-reviewed journals, and is a member of the Solution Focused Brief Therapy Association (SFBTA), the Society for Social Work and Research and the Council on Social Work Education. She is co-chair of the SFBTA Research Committee.

**MORE ABOUT THE RESEARCH DAY FACILITATORS
ON THE NEXT PAGE**



RESEARCH UPDATES TO MOVE SOLUTION-FOCUSED PRACTICES FORWARD

TIME	9 AM - 1 PM	ROOM	SCOTT ROOM
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ABOUT KARLA GONZÁLEZ-SUITT

Karla González-Suitt, is an Associate Professor at the School of Social Work in the Pontificia Universidad Católica de Chile, a social worker and master's in social work from the same school, and PhD in Social Work from the University of Texas at Austin.

Professor González-Suitt has taught undergraduate courses related to the design and evaluation of social interventions and practicum seminars in social work. At the master's level, she has taught biopsychosocial clinical assessment in social work, and solution-focused brief therapy. She has also participated in a course on social research for social intervention, teaching topics such as program adaptation and fidelity studies.

Professor González-Suitt has collaborated in multiple interdisciplinary research projects along her career, related to biopsychosocial topics, such as, family health assessment, solution-focused brief therapy for substance use, mental health for children and youth in home residencies, ethical

issues involved in clinical trials, codesign of a M-Health application for controlling chronic diseases, and a Cancer Center for interdisciplinary research. Her experience in research methods has been predominantly qualitative, however, she has explored systematic reviews and meta-analysis, single case designs, and inferential methods. Currently, she is the PI of an RCT on Solution-focused brief interventions by psychosocial teams on substance use in primary health care.

Since 2020, she has been a member of the Research Committee in the Solution-focused Brief Therapy Association.

MOVING CONVERSATIONS: HOW TO ENGAGE CHILDREN IN CONVERSATIONS ABOUT THEIR LIFE

TIME	1:30 PM - 4:30 PM	ROOM	CARLYLE ROOM
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WORKSHOP DESCRIPTION

In the field of mental health we have for years talked about the importance of involving children and adolescents in conversations about their life. All mental health practitioners whether they are counsellors, psychologists or social workers need to be able to facilitate conversations with children that are hopeful, positive and useful.

This workshop kicks off presenting the basic assumptions, which set the direction for our work as a SF therapist / practitioner. The participants will not only get to know the assumptions, but also the impact these assumptions have on our practice, the way we work - we might even reflect at other embedded assumptions we have.

This workshop invites participants to move conversations with children from involving to engaging. We will look into 'the good reasons' children have for doing what they do, what they can do differently to change and what fun and creative ways we can use to engage them conversations.

A fun and creative section of the workshop invite participants to play and experiment with concrete tools, like the Family Dialogue Set - simple to implement in your work with children.

MORE ABOUT ANNE-MARIE WULF ON THE NEXT PAGE 

MOVING CONVERSATIONS: HOW TO ENGAGE CHILDREN IN CONVERSATIONS ABOUT THEIR LIFE

TIME	1:30 PM - 4:30 PM	ROOM	CARLYLE ROOM
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ABOUT ANNE-MARIE WULF

Anne-Marie Wulf is a Solution Focused practitioner, trainer and supervisor, who came across SF in the late 90s as a social worker. She's a licensed Family therapist and Master in Educational Development, living and working in Copenhagen, Denmark.

In 2016 she founded the Danish Solution Focused Institute offering a 3-year training program as Solution Focused Master Practitioner accredited by IASTI, - today she mainly teach, train and supervises. Furthermore she is president of EBTA, former board member in IASTI, and author and contributor to several books.

"Who I am or what I have done is somehow uninteresting, - different contexts shape who I am. My grandchildren see me as the nice playful engaging grandmother, my supervisees as someone who sometimes asks too many confusing questions, and my students as the wise and strict teacher who requires discipline in the learning process. My life is rooted in the Solution Focused philosophy, - from there my life is lived."

TEAM COACHING: MOVING CONVERSATIONS IN NOT-SO-SIMPLE SITUATIONS

TIME	1:30 PM - 4:30 PM	ROOM	SCOTT ROOM
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WORKSHOP DESCRIPTION

In the world of teams—whether in organizations, families, or communities—conversations are never neutral. They carry histories, hierarchies, habits, and hopes. And often, those we ask to “collaborate” are doing so across power imbalances, unspoken rules, and unacknowledged fatigue. No wonder team coaching can feel less like conducting a symphony and more like tuning instruments mid-performance.

In this pre-conference workshop, we’ll explore what it means to coach teams relationally—not just as a collection of individuals, nor as problems to be solved, but as meaning-making systems in motion. Using the Dialogic Orientation Quadrant (DOQ), we’ll examine how language organizes our sense of progress, purpose, and possibility—even when a team seems stuck or splintered.

Rather than offering one-size-fits-all models or surface-level tips, this session invites a deeper (and more useful) question: What kind of conversations do we make possible when we coach relationally? Through live demonstrations, playful experimentation, and moments of quiet reflection, we’ll trace how coaching questions—asked with care—can reorganize even the most complex team dynamics.

Whether you work with cross-functional teams, multi-generational families, or loosely held partnerships, this session offers a thoughtful and practical way to move conversations forward—without pushing people past where they’re ready to go.

MORE ABOUT HAESUN MOON ON THE NEXT PAGE



TEAM COACHING: MOVING CONVERSATIONS IN NOT-SO-SIMPLE SITUATIONS

TIME	1:30 PM - 4:30 PM	ROOM	SCOTT ROOM
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ABOUT HAESUN MOON

Dr. Haesun Moon is a globally recognized expert in Solution-Focused Brief Coaching and Leadership Development. Dr. Moon is celebrated as one of the world's leading thought leaders in Coaching and Mentoring, shortlisted by Thinkers50, often described as "the Oscars of Management Thinking" by the Financial Times.

Her extensive body of work spans various platforms, including impactful keynote speeches, insightful podcast appearances, and engaging video interviews. Dr. Moon's thought leadership is further evidenced through her publications, which include influential books, scholarly articles, and digital pieces that explore practical approaches to coaching and leadership.

- [Author of Coaching A to Z: The extraordinary use of ordinary words](#)
- [Faculty at University of Toronto, Institute of Coaching \(Harvard Medical School\)](#)
- [Director, Canadian Centre for Brief Coaching](#)
- [Director of Training, Brief Coaching Program, OISE/University of Toronto](#)
- [Chief of Research, Human Learning Institute](#)
- [Science Council, EZRA](#)



NOVEMBER 7 (FRIDAY)
FULL CONFERENCE DAY 1

TALKING ABOUT TALK: USING MICROANALYSIS TO CO-CONSTRUCT REFLECTIVE PRACTICE

TIME	8:45 AM - 9:45 AM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

For many, our professional practice emerges in conversations with clients. How can you see traces of your approach in those conversations? And how can you reflect on whether your efforts worked as you had hoped? How might you co-construct reflections about those conversations with other professionals in your community? In this interactive presentation, we will peek together into the “black box” of conversational interaction. I will present specialized “lenses” that are a useful (and often playful) means that create a safe arena for reflecting together on how conversations with clients unfold. While our focus will be on observing conversation with the intention of reflecting on practice, I will also present some recent research uncovering details of how practitioners realize professional values in their conversations with clients.



ABOUT JENNIFER GERWING

Jennifer Gerwing is a senior researcher at Akershus University Hospital (Norway) and associate professor at Oslo Metropolitan University, Institute for Nursing and Health promotion (Norway). In her first undergraduate course in interpersonal communication in 1997, her professor- Janet Bavelas- provided a first glimpse into the universe of conversational interaction. Jennifer continued working with Janet and her team using microanalysis in experimental, dialogic studies and sharing its potential for gaining insight into practice. Since 2008, Jennifer has studied conversations from a variety of health care settings. Besides her Norwegian colleagues, she collaborates with researchers and practitioners in The Netherlands, Sweden, Finland, Denmark, Spain, Canada, and the US.

BRIEF SOLUTION-FOCUSED EXPERIENTIAL ACTIVITIES TO ENHANCE CLIENT RESOURCES

TIME	10 AM - 11 AM	ROOM	WREN ROOM
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SESSION DESCRIPTION

This presentation will explore the use of brief experiential activities in solution-focused brief therapy helping clients to access and enhance their naturally occurring resources. Experiential therapies have been a part of the history of family therapy since the founding of our field (see Satir et al., 1991; Whitaker & Bumberry, 1988) and are currently utilized in some of the most influential models (see Hendrix et al., 2005; Johnson, 2015). Experiential activities help to increase client engagement and participation in therapy (Thompson et al., 2011). This is important when disagreement and conflict may be high. Experiential activities fit well within many models. In this workshop, we will highlight how solution-focused brief therapy is ripe for the integration of experiential activities to help clients to reach their goals. In this session, participants will learn the philosophy behind utilizing in-session experiential activities and how these relate to bringing forth existing client resources. During the presentation, the presenter will explain the purpose of experiential activities in solution-focused brief therapy sessions and then will conduct a live demonstration of three experiential activities to help demonstrate the process of these experiential techniques as well as the usefulness for clients.

MORE ABOUT MICHAEL REITER ON THE NEXT PAGE



BRIEF SOLUTION-FOCUSED EXPERIENTIAL ACTIVITIES TO ENHANCE CLIENT RESOURCES

TIME	10 AM - 11 AM	ROOM	WREN ROOM
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ABOUT MICHAEL REITER

Michael has been a practicing family therapist for the past 30 years. He was a faculty member at Nova Southeastern University for over 20 years and now teaches at Capella University. Michael has been fortunate to gain training from some of the visionaries of psychotherapy including Insoo Kim Berg, Steve de Shazer, Michael White, and Salvador Minuchin. Michael has been heavily engaged in scholarship, having written 13 books, including *Family Therapy: The Basics* (Routledge, 2023), *A Therapist's Guide to Writing in Psychotherapy* (Routledge, 2023), *Therapeutic Interviewing* (2nd ed. Routledge, 2022), *Systems Theories for Psychotherapists* (Routledge, 2019), *Family Therapy: An Introduction to Process, Practice, & Theory* (Routledge, 2018), and *Case Conceptualization in Family Therapy* (Pearson, 2014). His books have been translated into Spanish, Polish, Chinese, Italian, and Korean. Michael has also published over 20 journal articles and presented at state, national, and international conferences.

USING THE SFADS TO NAVIGATE AND STRENGTHEN THE THERAPEUTIC ALLIANCE IN SFBT

TIME	10 AM - 11 AM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

The therapeutic alliance is central to effective therapy—and yet, for many practitioners, it remains a felt sense rather than a clearly observable process. In this interactive workshop, participants will be introduced to the Solution-Focused Alliance Dynamic Scale (SFADS), a newly developed reflective tool that invites therapists to observe, assess, and enhance the quality of the alliance from a solution-focused perspective. Developed specifically for practitioners of Solution-Focused Brief Therapy (SFBT), the SFADS offers a structured yet flexible approach to tracking eight key alliance aspects, including rapport, mandate, goal agreement, and belief in the client. This session will demonstrate how using the SFADS regularly can deepen practitioners' awareness, support professional development, and strengthen therapeutic outcomes. The workshop will be highly experiential. Participants will practice using the scale through role-play, real-session reflection, and small group dialogue. Opportunities will be provided to share insights, discuss dilemmas, and collaboratively explore how the SFADS can be adapted for use in individual practice, supervision, or team settings.

MORE ABOUT ARNOUD HUIBERS AND VASUNDHARA AND SANTOSH NAIR ON THE NEXT PAGE →

USING THE SFADS TO NAVIGATE AND STRENGTHEN THE THERAPEUTIC ALLIANCE IN SFBT

TIME	10 AM - 11 AM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT ARNOUD HUIBERS

Arnoud is a licensed consultant psychologist, psychotherapist, and family and couples therapist. He was educated at the University of Utrecht and the Academic Medical Centre of Utrecht. He specialised in solution-focused therapy under the direct mentorship of Steve de Shazer and Insoo Kim Berg, founders of Solution-Focused Brief Therapy (SFBT). Renowned for his impactful training programs, Arnoud has taught across Europe, India, China, Mexico, Peru, the Caribbean, and South Africa. He is a founding member of the Academy of Solution-Focused Approaches and Research (ASFAR) and an active member of several professional organizations, including NIP, NVRG (where he also serves as a supervisor), VKJP, VEN, and LVVP.



ABOUT VASUNDHARAA SANTOSH NAIR

Dr. Vasundharaa S Nair is an Assistant Professor, Assistant Dean of Academic Affairs and Deputy Director for the Centre for Community Mental Health (CCMH) at JIBS. She completed her MPhil and PhD from the National Institute of Mental Health and Neurosciences (NIMHANS) in 2023. Her doctoral research focused on developing a checklist of the various social determinants of health associated with brain infections, along with guidelines for care. She is a trained psychotherapist providing care for psychiatric and neurological conditions at individual and family levels. She is currently engaged in research focused on child development, building mental health support groups for students, exploring social determinants of health, and addressing climate change, among other topics. She has received grants from the NIHR, APYE, UGC, and other organisations, among others. She has been awarded at various national and international platforms for her papers and contributions and has published papers in PubMed/Scopus-indexed national and international journals of repute. In addition to her academic interests, she is a trained dancer, a team leader, and always up for a good laugh.

BRIEF ENCOUNTERS, DEEP IMPACT: FINDING HOPE IN ONE CONVERSATION

TIME

10 AM - 11 AM

ROOM

SCOTT ROOM

SESSION DESCRIPTION

In a time of growing mental health needs and limited resources, how can a single therapeutic conversation create a lasting difference? This presentation introduces Solution-Focused Single Session Therapy (SF-SST) — a practical, hope-oriented approach grounded in the principles of Solution-Focused Brief Therapy.

SF-SST empowers clients to draw on their strengths and take meaningful steps forward, even with just one encounter. Drawing from research and real-world application, the session explores how clinicians can build impactful, client-led conversations that move people forward without the need for prolonged engagement. Attendees will gain insight into the mindset, structure, and core principles of SF-SST. This session aligns with the conference theme by highlighting how moving conversations can happen in just one session — advancing both practice and access to care.



ABOUT SHIMA HUSEN

Shima is a Wellbeing Specialist, Psychology Lecturer, and Researcher based in the UAE. She holds dual Master's degrees in Psychology (University of Greater Manchester) and Organizational Behavior (Concordia University, Canada). With extensive training in Solution-Focused Brief Therapy (SFBT), she integrates the approach both into her coaching/therapeutic work and academic teaching.

She is the founder of Speak Connection, an initiative dedicated to fostering reconnection, through a Solution-Focused lens. Her work centers on helping individuals relearn the language of connection after disconnection caused by chronic loneliness, trauma, or emotional distress. Her core interests include SFBT, Single Session Therapy, connection and loneliness, and the therapeutic process.

IMPLEMENTING AND ENHANCING SF PRACTICES IN ORGANIZATIONS: SMALL CHANGES YIELD BIG RESULTS.

TIME	10 AM - 11 AM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

The presenters will use their experience with a SF project at a high school where students have intellectual disabilities, developmental disorders, or other neurodivergence (notably autism) to explore how decisions about implementation contributed to the project's success in creating significant and lasting changes in case conference meetings, classroom management, and school culture. The content will be drawn from a chapter written by the presenters in *Solution Focused Strategies for School Leaders: A Principal's Guide* (Eds. Marcella Stark and Linda Metcalf, Routledge, publication spring 2025). The presenters will focus on the importance of moving conversations away from the problem-solving model, which requires a detailed analysis of the problem, diagnosis, symptoms, etc. They will demonstrate how replacing problem-solving with solution-building contributes to success in a variety of contexts. In particular, they will outline how replacing problem analysis with discussions about the preferred future and successful past helps generate hope and creates positive changes within organizations and in individual practice. One of the key themes of the presentation will be the power of small changes. The goal of the presentation is to identify suggestions for a variety of organizational settings, rather than focusing solely on schools, and to explore how individuals can contribute as well as leaders. The presentation will explore implementation strategies that are both explicit (e.g., the school project) and implicit (e.g., using and modelling SF practices in individual work with clients, stakeholders and colleagues where the approach is not named).

MORE ABOUT SHARON CASEY AND JENNIFER LEHUQUET ON THE NEXT PAGE →

IMPLEMENTING AND ENHANCING SF PRACTICES IN ORGANIZATIONS: SMALL CHANGES YIELD BIG RESULTS.

TIME	10 AM - 11 AM	ROOM	ROSSETTI ROOM
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ABOUT SHARON CASEY

Sharon Casey has a background in teaching and adult education and considerable experience working for non-profit organizations offering services to vulnerable populations. She has worked in educational settings with young people and adults who have personal and academic difficulties, in drug rehabilitation centres, and at one of Canada's largest suicide prevention centers. She began learning about and using the solution focused approach in the early 1990s and she has been training practitioners at non-profit community-based organizations, schools, and health agencies since 2018. She has worked with schools across Quebec (Canada) to implement successful small-scale solution focused projects with classroom teachers, special education teachers, school principals and counsellors. Sharon has a particular interest in reaching populations in the context of social inequalities.



ABOUT JENNIFER LEHUQUET

Jennifer is a passionate educator with 20 years' experience in both school administration and teaching. Currently the coordinator of complementary services for Riverside School Board, she has also served as a school principal and vice-principal at both a special needs school and a large comprehensive high school with the English-Montréal School Board in Montréal, Canada. Jennifer has a master's degree in educational leadership from McGill University and a background in science. She is the proud mother of two school-aged boys who have experienced challenges and triumphs in their education and who inspire her to continue to live, love, learn and lead with an open heart and open mind.

EVALUATING ADVANCED SFBT PRACTICE IN COMMUNITY SETTINGS: A GUIDE FOR PRACTITIONERS AND RESEARCHERS

TIME	10 AM - 11 AM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

The purpose of the session is to assist practitioners in community organizations offering SFBT services who wish to begin conducting research together with researchers who have access to university infrastructure such as grants, review boards and publication pipelines in peer-reviewed journals. The secondary purpose is to connect trained researchers to community-based service settings where their skills might be useful to assist community agencies with evaluating the outcomes of the SFBT services they are providing.



ABOUT HELEN TAYLOR YATES

Taylor is an Assistant Professor in the University of North Carolina Wilmington College of Health and Human Services' School of Social Work. There, she teaches human behavior and research methods courses at the bachelor's and master's levels. Her research interests include understanding the wellness needs of people with health, mental health or substance use issues from a client-centered perspective. Her recent projects include evaluating the Solution Focused Wellness for HIV Intervention for Women, examining solution focused wellness workshop effects and evaluating a residential program for people experiencing homelessness and substance use. Taylor has published articles in peer-reviewed journals, and is a member of the Solution Focused Brief Therapy Association (SFBTA), the Society for Social Work and Research and the Council on Social Work Education. She is co-chair of the SFBTA Research Committee.

A CALL FOR REFLECTION: IS THE NOT-KNOWING STANCE ALWAYS THE BEST CHOICE?

TIME	11:15 AM - 12:15 AM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

In this workshop, participants will be invited to reflect on a key solution-focused presupposition, not-knowing, particularly in work with clients facing social injustice. In SF, we say that if it is not broken from the client's perspective, we won't try to fix it. Given the not-knowing stance of SF, can we show these clients that we have their backs and are on their side? Do we stand behind or beside them? And if so, how can we balance that with respecting the client's perspective? The content of the workshop will focus on a series of questions: Is the not-knowing stance foundational or can it be questioned? Can not-knowing lead us to reproduce inequality or injustice without meaning to? Should solution-focused practitioners be allies and, if so, how does the not-knowing stance impact this role? Participants will then be divided into groups to reflect on their own practice. To ensure that the discussion is pragmatic and contextual, they will be given examples of conversations that illustrate the challenges of not-knowing. They will answer questions (or develop more useful questions): Suppose we move our not-knowing stance. What would that look like? What might our clients see that they don't see right now? What difference would it make? Could it cause harm? Could maintaining our stance cause harm? The facilitator doesn't have the answers to these questions, just the feeling that she might not be the only one hoping to have this conversation.

MORE ABOUT BRIGITTE LAVOIE ON THE NEXT PAGE



A CALL FOR REFLECTION: IS THE NOT-KNOWING STANCE ALWAYS THE BEST CHOICE?

TIME	11:15 AM - 12:15 AM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT BRIGITTE LAVOIE

Brigitte Lavoie has been a psychologist for more than 30 years. She is passionate about promoting solution-focused practices in a problem-saturated world. She has made a significant contribution to the implementation of SF practices in the province of Quebec, particularly in the field of suicide prevention, grieving and the creation of training programs in mental health agencies and community organizations. Lavoie has presented at conferences in North America and in Europe. In 2019, she was the chair of the SFBTA Annual Conference and received the Insoo Kim Berg in memoriam prize in recognition of her contribution to the field.

ONE MIRACLE QUESTION, THOUSANDS OF CONVERSATIONS: A SUCCESSFUL SOLUTION FOCUSED JOURNEY

TIME	11:15 AM - 12:15 AM	ROOM	WREN ROOM
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SESSION DESCRIPTION

In 2020 the Director of Projet P.A.L asked her team to dream: " Suppose, it is 2025, P.A.L. has won a prestigious award for providing outstanding services that positively impacted the lives of its clientele and workers. Amazing! How did you do it?" From this simple question, best hopes emerged. P.A.L. took its' first steps towards becoming Solution Focused. Using creative play, coaching, and the meticulous re-working of internal protocols to reflect SF tenets, the organization re-oriented its' stance, therapeutic approach, and services with profound effect. In 2024, P.A.L. won a prestigious award from the Order of Psychologists of Quebec for their compassionate services that support marginalized citizens of Quebec. Dreams do come true! Presenters will highlight the SF practices that made this dream happen. Attendees will be invited to participate in creative play conversations and curating that P.A.L. used to realize its' best hopes: "When you are offering the services you most hope for, what difference will that make?" "What will make you proud?" "What's already working?" Participants will have an opportunity to reflect on how P.A.L's story and this exchange of ideas can bring their organizations closer to their best hopes, and SF dream.

MORE ABOUT SONDUS KHAN AND ANGELA MURPHY →
ON THE NEXT PAGE

ONE MIRACLE QUESTION, THOUSANDS OF CONVERSATIONS: A SUCCESSFUL SOLUTION FOCUSED JOURNEY

TIME	11:15 AM - 12:15 AM	ROOM	WREN ROOM
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ABOUT SONDUS KHAN

Sondus Khan is the new clinical co-director at Projet P.A.L. She holds a degree in Psychology from the University of Ottawa. Sondus has participated in clinical research with Dr. Eric Jarvis on the cultural adaptation of psychoeducation for family members (First-Episode Psychosis) as a South Asian community stakeholder.

Earlier this year, as part of her Passion Project for Islamic Relief, Sondus developed a mental health workshop to raise awareness on mental health and wellness within the South Asian community using a solution focused stance. She is a newly professed cat lover and has been described by her family and friends as having a strong human side with a great sense of empathy and compassion as well as being a risk taker, trendsetter and globe trotter.



ABOUT ANGELA MURPHY

Angela is the outgoing Director of Projet PAL, (P.A.L.) an alternative community-based mental health organization located in Montreal, Quebec. For over 30 years, she has worked with passion and enthusiasm for the fair and humane consideration of people living with mental health challenges. In 2016, she received mentoring and training with a Solution-focused psychologist and has now successfully mentored Projet PAL, the staff, clients and Board of Directors to employ a Solution focused approach in all aspects of its functioning.

ADVANCING SOLUTION FOCUSED PRACTICE: HOW TO USE TEXT MESSAGES AS A DIALOGUE TOOL.

TIME	11:15 AM - 12:15 AM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

By the use of microanalysis of Face2Face dialogues, we can explore conversations moment by moment. When we see what we actually do, we can compare with what we intend to do, and explore and adjust our practice. The idea of conversations being co-constructed between client and therapist by the use of language made me wonder if this was applicable to other types of conversations, for example text dialogues. Could one also do microanalysis on text messages? To talk on digital media such as phones, chats, emails and text messages puts time and place out of order and allows communication 24/7. This way of communicating will be presented and how text messages can be used as a dialogic tool, e.g., how is it possible to respond to messages in a useful and meaningful way for clients?

In this workshop and through microanalysis of text dialogues, I'll show that a Solution Focused coach/therapist can create opportunities for clients to talk about themselves as active, energetic and competent persons with resources, strengths and opportunities. At the end of this workshop, participants will have an idea of how to apply this in their own practice, with a perspective on different response opportunities.

MORE ABOUT ANNE-MARIE WULF ON THE NEXT PAGE



ADVANCING SOLUTION FOCUSED PRACTICE: HOW TO USE TEXT MESSAGES AS A DIALOGUE TOOL.

TIME	11:15 AM - 12:15 AM	ROOM	ROSSETTI ROOM
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ABOUT ANNE-MARIE WULF

Anne-Marie Wulf is a Solution Focused practitioner, trainer and supervisor, who came across SF in the late 90s as a social worker. She's a licensed Family therapist and Master in Educational Development, living and working in Copenhagen, Denmark.

In 2016 she founded the Danish Solution Focused Institute offering a 3-year training program as Solution Focused Master Practitioner accredited by IASTI, - today she mainly teach, train and supervises. Furthermore she is president of EBTA, former board member in IASTI, and author and contributor to several books.

"Who I am or what I have done is somehow uninteresting, - different contexts shape who I am. My grandchildren see me as the nice playful engaging grandmother, my supervisees as someone who sometimes asks too many confusing questions, and my students as the wise and strict teacher who requires discipline in the learning process. My life is rooted in the Solution Focused philosophy, - from there my life is lived."

A MOVING CONVERSATION THAT CAN MOVE YOU - CONVERSATIONS WITH YOUNG PEOPLE

TIME	11:15 AM - 12:15 AM	ROOM	SCOTT ROOM
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SESSION DESCRIPTION

The purpose of this session is to invite people to think carefully about the impact of the tiny interactions that happen every day in school corridors. We will focus on our intentions: how we choose to interact with others, and how those choices construct meaning. By setting our intentions to be more solution-focused in these moving moments, we can influence well-being, support learning, and strengthen young people's sense of autonomy. We will consider how these tiny, intentional interactions can support brain development as young people grow, and how they can reduce stress levels for teachers and staff. It is about not underestimating what can happen in a moving conversation – recognising that movement is not only physical but emotional, relational, and developmental. While we might not be able to change the education system overnight, we can change the conversations we have within it. We can move conversations forward – towards interactions that are more purposeful, connection-focused, and full of possibility. In this session, we will experience how, by being intentional in our everyday moments, we can help create a school climate where people feel seen, heard, and valued.



ABOUT TARA GRETTON

Tara is a Social Work England-registered social worker who graduated from the University of Bath in 2004 and is an accredited (IASTI) solution-focused practitioner, coach, consultant, and trainer. As an international trainer, thought leader, and coach, she specializes in solution-focused practice, working directly with children, young people, and families in education and private practice to amplify their voices and create meaningful change. Tara's work is rooted in relational practices, recognizing the power of strong connections in communities, social care, education, and leadership. She provides individual, family, and leadership coaching, supporting individuals, families, teams and organizations to build on what works and create sustainable solutions.

WORKING WITH INJURED ATHLETES

TIME	11:15 AM - 12:15 PM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

This session aims to show how solution-focused coaching establishes a bridge for the athlete to progress from the painful past to the preferred future, drawing on reservoirs of their resilience experiences and navigating away from the dreaded future. Starting with a self-assessment of personal resources, capabilities, and qualities to build from, the solution-focused coach co-creates a pathway through a conversation moving for progress in a way that helps the client notice small victories, successes, or resources they might not have considered yet that are in their grasp. These "moving conversations" are characterized by the athlete gradually gaining insight into the opportunities their resources provide them, linked to their goals based on possible solutions they perceive. Movement comes from the client realizing they have control over their outcomes and can initiate change, even if small. Injured athletes often experience suffering, pain, and a sense of loss. The "moving conversation" with solution-focused coaching works with the athlete to shift away from a stuck or problem-focused dialogue. Instead, it emphasizes discussing what is working and what's possible, and sometimes that means living never being the same as before their injury. When athletes accept, they can engage in dialogue that moves them from the painful past and presents the possibilities of what's new and different and how they can build on those affirming aspects. This helps create a sense of momentum and hope, essential for athletes to recover from consequential injury.

**MORE ABOUT JOHN COUMBE-LILLEY ON
THE NEXT PAGE**



WORKING WITH INJURED ATHLETES

TIME	11:15 AM - 12:15 PM	ROOM	CARLYLE ROOM
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ABOUT JOHN COUMBE-LILLEY

John is a Clinical Professor in the Department of Kinesiology and Nutrition at the University of Illinois Chicago. He is the Co-Director of the Applied Sports Psychology and Injury Research and Education Lab (ASPIRE). John oversees graduate training and delivery of solution-focused coaching in the Resilient Athlete Program Research Study (RAPRS) and has ongoing applied research studies examining emotional recovery and sports injury-related growth. He also serves as the Program Director of the Performance, Sport, and Exercise Psychology program, educating, training, and mentoring students. He is a Licensed Professional Counselor, Certified Mental Performance Consultant, and Associate Licensed Marriage and Family Therapist with approximately 9K direct clinical hours. His recent publications and public service work focus on suicide prevention in athletic populations.

OPPORTUNITIES ANALYSIS, FORMULATIONS, AND CO-CONSTRUCTION

TIME

1:30 PM - 2:30 PM

ROOM

ROSSETTI ROOM

SESSION DESCRIPTION

This inspiration for this workshop comes from two sources. The first is an article by Lance Taylor and me that was published in the Journal of System Therapies in 2014 on Opportunities Analysis and later expanded by us in a book published in 2024. The second is an article by Harry Korman, Janet Beavin Bavelas, and Peter De Jong also in the Journal of Systemic Therapies in 2013 on Microanalysis of Formulations. As I was using opportunities analysis as a teaching tool or listening and responding to clients, I began to see the connections between this subject and formulations and how, as a coherent whole, they contributed to co-construction. Of course, it's one thing to see the connections, it's quite another to develop a logical argument; and it's quite another to subject the ideas to scrutiny. That's the purpose of this workshop. I want to present the ideas to you, my solution-focused colleagues, for your thoughts. In addition, I want to discuss what might be the clinical and training implications.



ABOUT JOEL SIMON

Joel has been in clinical social work practice for over 45 years in a variety of both inpatient and outpatient settings. He has been providing solution-focused brief therapy (SFBT), training, supervision, and consultation since 1992. Joel attended 3 advanced SFBT trainings at BFTC. He has trained in and is certified in Ericksonian psychotherapy and hypnosis from the New York Ericksonian Society. Joel is a founding member of the Solution-Focused Brief Therapy Association (SFBTA). Currently, he is in private practice as a therapist, supervisor, and trainer. Joel co-authored several articles on solution focus, including two with Insoo Kim Berg. Joel has authored and co-authored 4 books on solution-focused topics.

MOVING MINDS WITH REFLACT: THE INTERDISCIPLINARY FRAMEWORK'S ADVANCEMENT FOR SOLUTION FOCUSED CONTEXTS

TIME	1:30 PM - 2:30 PM	ROOM	SCOTT ROOM
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SESSION DESCRIPTION

Teaching meets therapy, organisations meet therapy! The framework ReflAct and the SFBTA have a lot in common: We are both dedicated to promoting the exchange in the field of solution-focused practice and research. How exciting that the principles of systemic teaching and circular learning are attracting interest on both sides of the Atlantic, ever more since our attending at SFBTA's 2023 conference. Therefore, our session's purpose is the advancement of ReflAct as a teaching-learning framework. Now, we share experiences and thoughts regarding solution focused contexts such as organisations, institutes, universities and any other group of learning human beings in ever-changing contexts. We would like to see a shift: From problem-oriented thinking towards resource- and solution-oriented thinking in organisations. In our session, our focus is on moving minds with ReflAct as an interdisciplinary framework's advancement for solution focused contexts. We still hope for more interdisciplinarity and for people to benefit systematically from the application of a systemic circular approach. Since 2023, we have learned: It is all about living the structure, about doing instead of talking about it. Hence, in our session, ReflAct provides our outline's structure with its steps that we share and live. With lightness and humour and lots of curiosity for everybody attending.

MORE ABOUT ASTRID DOBMEIER AND VERONIKA SWEET ON THE NEXT PAGE



MOVING MINDS WITH REFLACT: THE INTERDISCIPLINARY FRAMEWORK'S ADVANCEMENT FOR SOLUTION FOCUSED CONTEXTS

TIME

1:30 PM - 2:30 PM

ROOM

SCOTT ROOM



ABOUT ASTRID DOBMEIER

Systemic reflection architectures and transformation support, team coaching, coaching and systemic therapy. Instructor for systemic coaching and systemic supervision (DGSe), associate professor for systemic counselling and coaching, systemic research, editor of the online portal on self-reflection DeSelfie, www.deselfie.de. Multiple award-winning teaching together with Dr Sweet. Lives and practices on-site near Munich in her practice and forest-garden as well as online globally. Shares her life with her partner, two sons of 18 and 20 and her cat.



ABOUT VERONIKA SWEET

Veronika develops systemic design of change processes through individual coaching, team formats and at the organizational level. She specializes in intercultural and international-multilingual settings. Veronika is an instructor for systemic coaching and systemic supervision (DGSe), an associate professor for systemic counselling and coaching, and initiator of research with a systemic approach. She is a multiple award-winning teacher, together with Dr Astrid Dobmeier. Veronika lives in an intercultural family with a ten-year-old son. She practices in Munich and online globally. She often learns about her German culture thanks to her Canadian husband's perspective.

WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

TIME	1:30 PM - 2:30 PM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

The third edition of the "Solution Focused Therapy Treatment Manual for Working with Individuals" is an extensive revision of its predecessors. It offers an overview of the general structure, techniques, and evidence base for SFBT. The third edition follows a format recommended by Carol and Nuro ("One Size Does Not Fit All: A Stage Model for Psychotherapy Manual Development, 2002). This third edition has been more carefully edited and is more professionally presented than earlier editions. More specifically, this new edition updates and expands on previous editions. The section of SF therapeutic process is more detailed and incorporates more examples of SF dialogues. The growing evidence base for SFBT is more thoroughly presented. The material on respect for human and cultural diversity is more fully addressed. There are also new sections such as that on "Fidelity Enhancement, Monitoring, and Reporting." Our plan is to engage the audience in a lively exchange around the changes in the manual, how audience members have already made use of earlier editions of the manual, what further uses might be made of the revised manual, and the manual's importance to the larger field as a statement of the nature of SFBT as an evidence-based practice. Aside from an overview of the manual and its revisions as an introduction, the majority of the session will involve interaction between the panel and audience members.

**MORE ABOUT CYNTHIA FRANKLIN AND THE PANEL
ON THE NEXT PAGE**



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

TIME	1:30 PM - 2:30 PM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT CYNTHIA FRANKLIN

Cynthia Franklin is dedicated to advancing evidence-based interventions, particularly Solution-Focused Brief Therapy (SFBT). As a researcher, educator, and practitioner, she has played a pivotal role in the development and application of SFBT in various settings, including schools, mental health clinics, and family therapy practices. Dr. Franklin serves as the Stiernberg/Spencer Family Professor in Mental Health at the Steve Hicks School of Social Work at The University of Texas at Austin. Her work focuses on integrating SFBT into clinical practice to improve mental health outcomes efficiently and effectively. With an extensive body of research, she has published numerous books, peer-reviewed articles, and practice guidelines that have helped shape the field. In addition to her academic contributions, Dr. Franklin is a sought-after speaker, trainer, and consultant, working with clinicians, educators, and policymakers to implement solution-focused approaches in schools and mental health programs worldwide. She has been instrumental in demonstrating how SFBT can be a powerful, strengths-based intervention that fosters resilience and positive change in individuals, families, and communities. Dr. Franklin's expertise has earned her leadership roles in professional organizations, editorial boards, and national initiatives focused on mental health innovation. She remains deeply committed to training the next generation of social workers and mental health professionals, ensuring that solution-focused therapy continues to evolve and make a lasting impact in the field.

MORE ABOUT THE PANEL ON THE NEXT PAGE



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

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ABOUT PETER DE JONG

Peter is the co-author (with Insoo Kim Berg) of many journal articles and the book Interviewing for Solutions. He is an emeritus professor of sociology and social work and a former adjunct at the Brief Family Therapy Center in Milwaukee, WI where solution focused (SF) practices were pioneered. He has been an outpatient therapist, case worker, and led trainings with practitioners working in mental health, child welfare, family services, juvenile corrections, and school settings. He currently conducts microanalysis research on therapy conversations with several colleagues. He is especially interested in using the tools and concepts of microanalysis to enhance the teaching and supervision of SF skills.



ABOUT RAY EADS

Ray Eads, PhD is an Assistant Professor at the University of Illinois Chicago Jane Addams College of Social Work and a member of the SFBTA Research Committee. Dr. Eads has both clinical and research experience with SFBT and is an author of 3 book chapters and 3 journal articles on SFBT, including an article on an integrated Solution-Focused Body-Mind-Spirit group therapy intervention for Asian-American youth that was recognized as the 2023 Best Mixed Method Article by the journal Families in Society. Dr. Eads currently leads the SFBT Training and Implementation Initiative for Integrated Care Settings with the Illinois Behavioral Health Workforce Center. In this role, Dr. Eads facilitates a Solution-Focused Learning Collaborative supporting the growth of clinicians using SFBT in integrated care settings and conducts program evaluation studies of best practices in SFBT implementation.

MORE ABOUT THE PANEL ON THE NEXT PAGE



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

TIME	1:30 PM - 2:30 PM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT NATE GUYTON

Nate is an LCDC and LPC-Associate (Supervised by Dr. Kelly Guidry, LPC-S) in private practice in the Greater Houston area of Texas. Nate's passion for Solution-Focused Therapy began in his graduate program at TCU in Dr. Frank Thomas's Helping Relationships class. Solution Focused Therapy brought a professional language and philosophy to Nate's values of humility and servant leadership, values nurtured in his time playing Division I Football for TCU. Nate has contributed to SFBTA as a member by reviewing conference proposals, in addition to submitting his own, before being elected to the Board in the Fall of 2023. If Nate were to overhear a conversation about his work ten years from now, Nate hopes to find descriptions of a gently paced approach to conversations that promote co-construction of ideas grounded in his client's feedback. Adaptable and compassionate, Nate will meet clients and colleagues where they are, trusting their good reasons for their positioning and respecting that the work he brings to solution-focused practice is only possible because of the giants who came before him and walk alongside him. He will demonstrate the wisdom to reflect on the words of others and the courage to change in response.

MORE ABOUT THE PANEL ON THE NEXT PAGE



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

TIME

1:30 PM - 2:30 PM

ROOM

MAIN ROOM MOUNTBATTEN



ABOUT MO YEE LEE

Mo Yee is Professor and PhD Program Director at the College of Social Work, The Ohio State University. She is editor-in-chief of the Journal of Ethnic & Cultural Diversity in Social Work and has served on CSWE Commission of Diversity and Social & Economic Justice & Commission on Research. Her 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. She was Principal Investigator on research projects pertaining to Integrative Family and Systems Treatment, solution-focused brief treatment with domestic violence offenders, and use of meditation for treating female trauma survivors of interpersonal abuses who also have substance use problems. She is currently Principal Investigator of a Behavioral Health Workforce Education and Training (BHWET) grant from Human Resources & Services Administration (HRSA) to prepare the next generation of mental and healthcare professionals to specialize in culturally responsive services with BIPOC and LGBTQ+ and transitional-age youth and their families. Mo Yee Lee has published "Family Therapy for Treating Trauma: An Integrative Family and Systems Treatment (I-FAST) Approach," "Integrative Body-Mind-Spirit Social Work: An empirically based approach to assessment and treatment," "Integrative Families and Systems Treatment (I-FAST): A strengths-based common factors approach," "Culturally Competent Research: Using Ethnography as a Meta-Framework," "Solution-Oriented Social Work: A Practice Approach to Working with Client Strengths," and "Solution-focused treatment with domestic violence offenders: Accountability for change." The Oxford University Press published these books in 2020, 2018, 2014, 2013, 2011, and 2003 respectively. She is the recipient of 2008 Insoo Kim Berg Award for Innovative Research and Application of Solution-Focused Brief Therapy.

MORE ABOUT THE PANEL ON THE NEXT PAGE



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

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ABOUT KARLA GONZÁLEZ-SUITT

Karla González-Suitt, is an Associate Professor at the School of Social Work in the Pontificia Universidad Católica de Chile, a social worker and master's in social work from the same school, and PhD in Social Work from the University of Texas at Austin.

Professor González-Suitt has taught undergraduate courses related to the design and evaluation of social interventions and practicum seminars in social work. At the master's level, she has taught biopsychosocial clinical assessment in social work, and solution-focused brief therapy. She has also participated in a course on social research for social intervention, teaching topics such as program adaptation and fidelity studies.

Professor González-Suitt has collaborated in multiple interdisciplinary research projects along her career, related to biopsychosocial topics, such as, family health assessment, solution-focused brief therapy for substance use, mental health for children and youth in home residencies, ethical

issues involved in clinical trials, codesign of a M-Health application for controlling chronic diseases, and a Cancer Center for interdisciplinary research. Her experience in research methods has been predominantly qualitative, however, she has explored systematic reviews and meta-analysis, single case designs, and inferential methods. Currently, she is the PI of an RCT on Solution-focused brief interventions by psychosocial teams on substance use in primary health care.

Since 2020, she has been a member of the Research Committee in the Solution-focused Brief Therapy Association.

MORE ABOUT THE PANEL ON THE NEXT PAGE



WHAT'S NEW IN SFBTA'S REVISED TREATMENT MANUAL?

TIME	1:30 PM - 2:30 PM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT HELEN TAYLOR YATES

Taylor is an Assistant Professor in the University of North Carolina Wilmington College of Health and Human Services' School of Social Work. There, she teaches human behavior and research methods courses at the bachelor's and master's levels. Her research interests include understanding the wellness needs of people with health, mental health or substance use issues from a client-centered perspective. Her recent projects include evaluating the Solution Focused Wellness for HIV Intervention for Women, examining solution focused wellness workshop effects and evaluating a residential program for people experiencing homelessness and substance use. Taylor has published articles in peer-reviewed journals, and is a member of the Solution Focused Brief Therapy Association (SFBTA), the Society for Social Work and Research and the Council on Social Work Education. She is co-chair of the SFBTA Research Committee.



ABOUT JOHNNY KIM

Johnny is a professor at the University of Denver Graduate School of Social Work. Dr. Kim received his Master's degree in social work from Boston College, Ph.D. in social work from the University of Texas at Austin, and was a Council on Social Work Education Minority Clinical Fellow. His teaching areas include clinical social work theory and practice, solution-focused brief therapy, and school social work. Dr. Kim's research focuses on evaluating solution-focused brief therapy, school-based interventions, meta-analysis and evidence-based practice. He has published over 50 articles in peer reviewed journals, book chapters and books. Dr. Kim is a member of the Research Committee for the Solution-Focused Brief Therapy Association and serves on the editorial board for several journals. Prior to his doctoral studies, Dr. Kim worked as a school social worker and case manager for community-based mental health agencies in Seattle.

FUTURE PLAY: SOLUTION FOCUSED PLAY THERAPY WITH CHILDREN AND FAMILIES

TIME	1:30 PM - 2:30 PM	ROOM	WREN ROOM
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SESSION DESCRIPTION

This interactive workshop will give attendees hands-on tools for working with children. Through simple play activities, video demonstration, and discovery, attendees will learn to use toys and activities as conversational tools to not only increase client engagement, but to design the ideal future and move towards it. Attendees will leave with step-by-step tools and strategies for effective therapeutic outcomes with children and families. Specific case examples of building solutions around common childhood complaints will be addressed. Solution focused play therapy is a playful approach to collaborate with children and families to design their ideal future. A child's favorite play activity can often be converted into a graphic representation of their preferred future. Play scaling is a developmentally appropriate way to accomplish the task of scaling with children.



ABOUT PAMELA KING

Pamela King, LMFT, founder of Solution Play Training Center, is an enthusiastic and experienced solution focused practitioner, international speaker, author, and trainer. Pam has designed and implemented innovative solution-focused play therapy treatment programs with children and families; she has specialized training in play therapy, family relations, trauma, and family violence. Pam applies the principles of improvisation to develop flexibility, confidence, and spontaneity with clients and workshop participants. Pam is the author of *Tools for Effective Therapy with Children and Families: A Solution-Focused Approach*, published by Routledge as well as articles and chapters in other publications. She is a recipient of the Steve de Shazer Memorial Award for Innovations in Solution Focused Brief Therapy.

MOVING SOLUTION-FOCUSED CONVERSATIONS WITHIN THE MEDICAL MODEL ENVIRONMENT – HOW A REGISTERED NURSE PSYCHOTHERAPIST HAS PERSEVERED AND WHAT MAY HELP YOU!

TIME	1:30 PM - 2:30 PM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

The purpose of this workshop is to inspire hope and confidence in others to continue to master and utilize their solution-focused practices in medical model environments that may not have a good understanding of solution-focused practices, as they may be more focused on cognitive behaviour therapy (CBT), dialectic behaviour therapy (DBT) and other modalities. The focus of this workshop is to advance solution focused practice in the medical model environment by inviting participants to:

- Reflect on our own connection with solutions focused practice
- Connect SF practice with our own organization's vision, mission and values and link our work with co-creating change in our medical model work environments.
- Connect SF practice with our team objectives, treatment goals and expectations, as we co-create meaningful conversations within our multidisciplinary teams.
- Connect our practice of co-creating change through our relationships with clients in our care through the dialogic nature of SF practices.

MORE ABOUT THE DEB BUSH ON THE NEXT PAGE



MOVING SOLUTION-FOCUSED CONVERSATIONS WITHIN THE MEDICAL MODEL ENVIRONMENT – HOW A REGISTERED NURSE PSYCHOTHERAPIST HAS PERSEVERED AND WHAT MAY HELP YOU!

TIME	1:30 PM - 2:30 PM	ROOM	CARLYLE ROOM
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ABOUT DEB BUSH

I am a Registered Nurse Psychotherapist dedicated to fostering hope and confidence through meaningful conversations. I hold a Bachelor of Science in Nursing (BScN) from McMaster University and have since accumulated extensive experience across diverse mental health environments. My professional career began in an inpatient mental health unit, followed by a role in two emergency departments, where I conducted mental health evaluations and provided counseling services. I subsequently transitioned to Public Health, dedicating over a decade to mental health services. This period involved providing therapeutic interventions for the hard to reach school-aged children, adolescents, and their parents/guardians, as well as advocating for these individuals within educational settings and community resources. Upon that program ending related to funding, I assumed a part-time psychotherapist position in an outpatient mental health clinic where I have been using SFBT exclusively for individual sessions for the past 8 years, a role I currently maintain alongside my part-time private practice.

“TAKE A WALK ON THE WILD SIDE”: THE TIMELESS RELEVANCE OF SOLUTION-FOCUSED COUPLE THERAPY—CORE ASSUMPTIONS, TECHNIQUES, AND INTERVENTIONS

TIME	2:45 PM- 3:45 PM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

Solution-Focused Brief Therapy (SFBT) is widely recognized as a systemic approach, making it particularly well-suited for work with couples and families. This workshop will explore the historical roots of SFBT in couple therapy, highlighting the foundational assumptions, therapeutic stance, and interventions that continue to position it as a relevant and flexible modality — an approach for all seasons. Contemporary research underscores the value of a pluralistic framework in couple therapy. Pluralism acknowledges the validity of multiple theoretical orientations and supports integrating diverse constructs and techniques, tailored to their clinical relevance and effectiveness. In addition, research has identified common factors specific to effective couple therapy, which align well with the SFBT approach. This workshop will delve into the enduring strengths of Solution-Focused Couple Therapy, examining how its guiding principles and practices continue to support meaningful, goal-directed change in relational contexts.



ABOUT DINA BEDNAR

Dina Bednar, MA, RP, RMFT-SM, CSFT: Dina Bednar is a registered psychotherapist, registered marriage and family therapist, and an AAMFT Approved Supervisor. Dina served at a children's mental health clinic in Hamilton, Ontario for over 18 years and is currently in private practice in Ancaster, Ontario. She was the associate director of and instructor in the SFBT certificate program at Ontario Institute for Studies in Education (OISE, University of Toronto), instructs at Laurier University, the co-director of the Canadian Solution-Focused Center, and co-editor of the Canadian SFBT Newsletter. Dina trains groups internationally on SFBT, working with children and adolescents, and on Single Session Therapy.

ENHANCING SOLUTION FOCUSED COMMUNICATION THROUGH MINDFULNESS

TIME	2:45 PM- 3:45 PM	ROOM	WREN ROOM
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SESSION DESCRIPTION

This experiential workshop explores the powerful synergy between mindfulness practices and solution-focused communication (SFC). Both approaches share fundamental principles: present-moment awareness, non-judgment, curiosity, and a focus on possibilities rather than problems. This session will explore key mindfulness concepts such as gratitude and mindful listening, drawing connections to SF practice and principles. Through guided practice, participants will experience how mindfulness can deepen presence, sharpen focus, and strengthen a more intentional and impactful SF approach. When integrated, mindfulness enhances practitioners' ability to embody the solution-focused mindset by cultivating deeper presence, attunement, and emotional regulation. This session intends to align with conference themes by promoting an innovative way to think about our SF practice, drawing on research on the impact of mindfulness and the concept of neuroplasticity. It will also encourage relational understanding as mindfulness is a gateway to greater self-awareness and compassion for others. Lastly, the session aligns with the theme of supporting global engagement as an SF practice that is rooted in a mindful stance, cultivates compassion and more meaningful connections that have the ability to advance and 'move' conversations in a way that promotes more social awareness and authentic connection to ourselves and others.



ABOUT VALERIE D'PAIVA NILUSHYA JIWANI-EBRAHIM KAVITA BHATIA

Valerie, Nilusha and Kavita are all Masters prepared people leaders, with a Nursing background. They work in healthcare settings, including Public Health, Paramedics and Senior Services with The Regional Municipality of York. They are certified in Solution-Focused Communication (SFC Coaching/Counselling) and in the Mindfulness Ambassador Program. Combining SFC and Mindfulness has deepened their own learning and practice, while authentically connecting with others for collective impact and improving quality of life.

MULTI-NARRATIVE AS A MOVING CONVERSATION

TIME

2:45 PM- 3:45 PM

ROOM

CARLYLE ROOM

SESSION DESCRIPTION

In this workshop, we invite participants to explore a significant paradigm shift in therapeutic practice—moving the focus from purely behavioral interventions toward a deeper engagement with the cognitive and meaning-making processes of clients. This shift reflects a core principle of Luc Isebaert's Bruges model, where the emphasis lies not only on what clients do, but more importantly on how they interpret, frame, and make sense of their experiences. Recognizing that therapy is fundamentally a process of constructing and reconstructing meaning, we propose an approach in which the therapist becomes an active co-author in developing multi-layered, co-created narratives with the client. Central to our methodology is a structured tool we have developed and refined over years of clinical and coaching practice, called Aikido Perspectives. Drawing inspiration from the philosophy of Aikido—where harmony, redirection, and non-confrontation are essential principles—this tool offers a practical, clear, and transparent framework that supports therapists, coaches and support workers in navigating complex client stories and facilitating shifts in perspective. By introducing this approach, we aim to enrich participants' professional toolkits with a nuanced, compassionate, and practical method for fostering meaningful, client-driven conversations.

**MORE ABOUT ARTUR LEWINSKI AND TOMASZ ŚWITEK
ON THE NEXT PAGE**



MULTI-NARRATIVE AS A MOVING CONVERSATION

TIME	2:45 PM- 3:45 PM	ROOM	CARLYLE ROOM
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ABOUT ARTUR LEWINSKI

Artur is an enthusiast of human growth and development, certified SF psychotherapist, working with people for the last 30 years. He is Founder and head of the Solution Focused Clinic for Addicted Adults for the last 20 years, now enjoying co-working mainly with therapists on their professional development providing SF therapy, training and supervision. Artur is a devoted fan of spreading SF practice in different areas of expertise. For the last 9 years, he has been president of the Polish Association of Solution Focused Therapists (PSTTSR).



ABOUT TOMASZ ŚWITEK

Tomasz works in social prevention and rehabilitation with 25 years of experience in solution-focused pathways and more than 30 years of clinical work. He is a certified SF psychotherapist, trainer and supervisor. Tomasz is Founder of the SFA Center in Poland. He provides therapy, coaching, training and supervision in Poland and abroad. Tomasz is an author of a dozen articles and has contributed to and authored several books. He created the Situations Focused Model within SFBT. Some SF work invented by Tomasz: Deck of Trumps for individuals, Deck of Trumps for Couples, SF Windows, Self-Know Procedure, Two Axes Scaling, Night Time Miracle Question, Scaling Difficulties, SF4T, SF Games, BbraveC Model. For more info, visit www.ctrumpr.eu.

THE SOLUTION-FOCUSED PARENT: CONVERSATIONS IN RELATIONSPACES THAT SUPPORT SELF-EFFICACY AND WELLBEING

TIME	2:45 PM- 3:45 PM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

This workshop will touch on elements of my book, Relationspaces; A Solution-Focused Handbook for Parents. 'Relationspaces' is imagery to explore each relationship as a unique space where we prioritize how we generate and support effective and inclusive communication. In these spaces, parents interact with their children using assumptions, skills and strategies of Solution Focused Brief Therapy (SFBT) to engage in strength-based conversations, preferred futures and personal agency. Workshop participants will learn with and from each other, as they apply SFBT to reflect upon case scenarios where parents and children might experience challenges in communication with each other. How can their interactions be more effective? Participants of this workshop do not need to be parents in the traditional sense, as 'parenting' is loosely defined as a consistent practice of caring for another human being in any capacity and of any age. My hope is that this workshop inspires participants to apply solution-focused practices in their own daily interactions at home, at work and beyond. This session will include both formal presentation and interactive opportunities. Participants will be actively involved in reflecting upon scenarios with each other and sharing their thinking with the larger group.

MORE ABOUT THE VICKY ESSEBAG ON THE
NEXT PAGE



THE SOLUTION-FOCUSED PARENT: CONVERSATIONS IN RELATIONSPACES THAT SUPPORT SELF-EFFICACY AND WELLBEING

TIME	2:45 PM- 3:45 PM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT VICKY ESSEBAG

Vicky is a relational communication specialist and President-Elect of the Solution-Focused Brief Therapy Association. She pairs her extensive background in education as a teacher, guidance counselor, head of guidance, curriculum consultant, and school administrator, with her experience as a family therapist and certified solution-focused coach. Vicky is widely known for applying and teaching Solution-Focused Communication as a model to support a relationship-based approach in schools, families and organizations. Vicky inspires inclusive and compassionate spaces for living and learning. She is a public speaker, instructional leader and consultant. Vicky is Founder of the company – Relationspaces. www.relationspaces.com, info@relationspaces.com, and author of Relationspaces; A Solution-Focused Handbook for Parents.

Podcast: [A Call Across the Pond; Transforming Relationships at School, at Home and Beyond.](#) With Vicky Essebag and Tara Gretton (UK).

[Relationspaces Power Bursts](#): On their YouTube channel, Vicky Essebag and Tara Gretton discuss brief answers to relationship questions, using their expertise in solution-focus.

IS THERE ROOM FOR CHANGE? TRAINING AND USE OF SOLUTION-FOCUSED BRIEF THERAPY AMONG PSYCHOLOGISTS IN ZIMBABWE

TIME	2:45 PM- 3:45 PM	ROOM	HALLWAY AREA
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POSTER PRESENTATION

The session will provide information on the use of SF from a different perspective and offer a platform for increasing training and practice across the world. The objective is to present the findings of our study on the application of SFBT in Zimbabwean psychological practice. Firstly, by stating the study's relevance. Then present the context of mental health in Zimbabwe. Followed by highlighting the rise of SFBT as a practical approach among psychologists. Outlining the study design, including participant demographics and data collection methods. Discussing the rationale for choosing SFBT and its implementation. Lastly, highlighting key results and implications of the findings in Zimbabwe and SF practice globally. Also address potential barriers and challenges faced by practitioners. Ending with Summarizing the main takeaways and emphasizing the importance of integrating SFBT into the broader mental health framework.

MORE ABOUT REMEMBRANCE RUNYOWA AND SIKOLIWE EUNICE SIBANDA ON THE NEXT PAGE



IS THERE ROOM FOR CHANGE? TRAINING AND USE OF SOLUTION-FOCUSED BRIEF THERAPY AMONG PSYCHOLOGISTS IN ZIMBABWE

TIME	2:45 PM- 3:45 PM	ROOM	HALLWAY AREA
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ABOUT REMEMBRANCE RUNYOWA

Remembrance is a Zimbabwean counselling psychologist with academic and practice. A certified solution-focused practitioner, she is passionate about adding value to society by employing evidence-based approaches. She is particularly dedicated to closing the gap between research and practice, believing that the best solutions come from combining scientific insights with real-world application. She has experience working with autism, which positively changed her life by seeing the impact of working with children.



ABOUT SIKOLIWE EUNICE SIBANDA

Sikoliwe Sibanda also known as Eunice is a clinical psychologist with extensive experience in mental health, child protection, and community development. With a Master degree in Clinical Psychology and Master degree in Counselling Psychology. Sikoliwe has worked with various organizations, including Parirenyatwa Group of Hospitals' Mental Health Unit, Unilever Zimbabwe, Africaid, and the Women's University of Africa. She is a member of the International Society of Substance Use Professionals (ISSUP) and the Zimbabwe Psychological Association and has held leadership positions, including Director of the Divisions and Chapters. Sikoliwe is passionate about promoting mental health including research as she has 2 publications to date, child rights, and community inclusion.

HOW TO BECOME AN SFBT CHAMPION

TIME

2:45 PM- 3:45 PM

ROOM

SCOTT ROOM

SESSION DESCRIPTION

This session will put into action the insights from the Illinois Behavioral Health Workforce Center evaluation of local champions for SFBT implementation. A local champion is a person who supports the use of SFBT in their place of employment and who enthusiastically promotes a solution-focused culture at the agency. Local champions may be supervisors and clinical leaders at the agency or any provider committed to advancing their own SFBT skills and the use of SFBT in their setting. For attendees interested in becoming an SFBT champion wherever they use SFBT, the session will offer a combination of evidence-informed insights and hands-on opportunities to envision and act out what the role of SFBT champion means to them. In the didactic portion of the session, the presenter will outline key elements of becoming an SFBT champion identified during focus groups with providers who served as SFBT champions during a statewide implementation initiative, including the acronym ACME (Advocacy, Consultation, Modeling, Enthusiasm). In the hands-on portion of the session, attendees will be invited through solution-focused questioning to envision their future as an SFBT champion and role play interactions where they can practice providing consultation to a peer on getting unstuck from a problem-saturated mindset and practice “selling” SFBT to organizational leaders to promote additional training and use of SFBT in their agency.

MORE ABOUT THE RAY EADS ON THE NEXT PAGE



HOW TO BECOME AN SFBT CHAMPION

TIME	2:45 PM- 3:45 PM	ROOM	SCOTT ROOM
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ABOUT RAY EADS

Ray Eads, PhD is an Assistant Professor at the University of Illinois Chicago Jane Addams College of Social Work and a member of the SFBTA Research Committee. Dr. Eads has both clinical and research experience with SFBT and is an author of 3 book chapters and 3 journal articles on SFBT, including an article on an integrated Solution-Focused Body-Mind-Spirit group therapy intervention for Asian-American youth that was recognized as the 2023 Best Mixed Method Article by the journal Families in Society. Dr. Eads currently leads the SFBT Training and Implementation Initiative for Integrated Care Settings with the Illinois Behavioral Health Workforce Center. In this role, Dr. Eads facilitates a Solution-Focused Learning Collaborative supporting the growth of clinicians using SFBT in integrated care settings and conducts program evaluation studies of best practices in SFBT implementation.

→ NOVEMBER 8 (SATURDAY) ←
FULL CONFERENCE DAY 2

DEEPER INTO THE DNA OF SF CONVERSATIONS

TIME	8:30 AM - 9:30 AM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

This interactive workshop will employ the microanalytic lens to further discover how a SF practitioner invites the client to co-construct details around some key aspects of SF work such as the preferred future, past successes, or current progress. Participants will be organized into work groups, view video, analyze the recorded interactions on the video utterance by utterance, and write down their group's observations. After sharing observations with the larger group, the implications for practice, training, supervision, and SF fidelity measurement will be discussed.



ABOUT JENNIFER GERWING

Jennifer Gerwing is a senior researcher at Akershus University Hospital (Norway) and associate professor at Oslo Metropolitan University, Institute for Nursing and Health promotion (Norway). In her first undergraduate course in interpersonal communication in 1997, her professor- Janet Bavelas- provided a first glimpse into the universe of conversational interaction. Jennifer continued working with Janet and her team using microanalysis in experimental, dialogic studies and sharing its potential for gaining insight into practice. Since 2008, Jennifer has studied conversations from a variety of health care settings. Besides her Norwegian colleagues, she collaborates with researchers and practitioners in The Netherlands, Sweden, Finland, Denmark, Spain, Canada, and the US.

**MORE ABOUT CO-PRESENTER PETER DE JONG ON THE
NEXT PAGE**



DEEPER INTO THE DNA OF SF CONVERSATIONS

TIME	8:30 AM - 9:30 AM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT PETER DE JONG

Peter is the co-author (with Insoo Kim Berg) of many journal articles and the book Interviewing for Solutions. He is an emeritus professor of sociology and social work and a former adjunct at the Brief Family Therapy Center in Milwaukee, WI where solution focused (SF) practices were pioneered. He has been an outpatient therapist, case worker, and led trainings with practitioners working in mental health, child welfare, family services, juvenile corrections, and school settings. He currently conducts microanalysis research on therapy conversations with several colleagues. He is especially interested in using the tools and concepts of microanalysis to enhance the teaching and supervision of SF skills.

FINDING SOLUTION-FOCUSED LEADERSHIP IN OURSELVES: LEARNING FROM MANY LIVED EXPERIENCES

TIME	8:30 AM - 9:30 AM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

This workshop invites participants through creative and interactive activities to define their own newly inspired solution-focused leadership style, considering the difference this could make to everyone they interact with, and their own and other's sense of being, purpose, belonging and peace. They will explore how leadership grows through tiny, meaningful signs as they notice and celebrate small actions or shifts that might reflect a new way of thinking, as they ask more open-ended questions, acknowledge a colleague's strength or enjoy a change in the way they use language. This session's purpose, focus and connection to "Moving Conversations" invites learners to explore a fresh and unique take on the definition of leadership as being in all of us, both personally and professionally, and to embodying a kind of leadership that continuously notices and takes inspiration from a multiplicity of lived experiences - for impact in community, globally, for innovation, outcomes, laughter, growth even in discomfort, participation and accessibility. As relational beings maximising a more informed approach to leadership, we will be bridging to the idea that we will always be in a moving conversation as we evolve with each daily discovery. Participants will re-imagine leadership philosophy and practice by reflecting on their own lived experiences, past insights and well-earned wisdom for future possibilities.

MORE ABOUT NAOMI WHITEHEAD ON THE NEXT PAGE →

FINDING SOLUTION-FOCUSED LEADERSHIP IN OURSELVES: LEARNING FROM MANY LIVED EXPERIENCES

TIME	8:30 AM - 9:30 AM	ROOM	CARLYLE ROOM
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ABOUT NAOMI WHITEHEAD

Naomi is a Solution-Focused Practitioner. She works online, in Sheffield, across the UK, and internationally, as a Solution-Focused coach, trainer, mentor, educator and community interest company director. Naomi's background is in working with and coordinating services for adults and young people facing multiple and complex challenges, e.g., homelessness, those involved in the criminal justice system, substance misuse. She also manages voluntary sector projects. Naomi brings a structured yet playful, curious and deeply respectful stance to all her work.

THE JOURNEY OF A SOLUTION-FOCUSED TRAUMA SERVICE: FROM CONCEPT TO IMPACT (USING CONVERSATION TO CHANGE HEARTS AND MINDS)

TIME	8:30 AM - 9:30 AM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

This workshop explores the real-world journey of a trauma service that set out to be a purely solution-focused (SF) practice but had to adapt its approach when frontline case managers rejected SF as a direct method. Initially, the service was designed around strict SF principles, emphasizing strengths, future-focused conversations, and minimizing problem discussions. However, despite strong evidence supporting SF, case managers and other professionals expressed resistance, believing SF dismissed deeper trauma work, clashed with existing protocols, and didn't align with how they understood client needs. Faced with this pushback, the service had a choice: abandon SF entirely or find a new way to integrate its principles. Instead of forcing SF as a rigid practice, the team shifted towards an SF-based mindset — embedding the philosophy into everyday interactions, assessments, and case discussions without labeling it as SF. This shift allowed the service to influence change from within, gradually shifting perspectives and fostering an environment where strengths-based, forward-thinking approaches could thrive alongside more traditional case management methods. This workshop will take participants through that journey of adaptation, highlighting the lessons learned in balancing evidence-based innovation with organizational realities. It will provide practical insights into how to keep SF principles alive even in resistant environments, offering strategies to introduce change without direct confrontation, build bridges with skeptical colleagues, and ensure that SF thinking remains a guiding force, even when full adoption isn't possible.

**MORE ABOUT STEVE FLATT AND LAURA GREGORY
ON THE NEXT PAGE**



THE JOURNEY OF A SOLUTION-FOCUSED TRAUMA SERVICE: FROM CONCEPT TO IMPACT (USING CONVERSATION TO CHANGE HEARTS AND MINDS)

TIME	8:30 AM - 9:30 AM	ROOM	ROSSETTI ROOM
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ABOUT STEVE FLATT

I am a psychologist, solution focused practitioner and psychotherapist working with people in distress. I have a particular interest in how environments impact upon our wellbeing. I am interested in exploring how communities are the building blocks for improving sustainable global wellbeing. I work across disciplines including engineering, management, psychology and psychotherapy. I believe passionately that mental and physical well-being is the responsibility of us all and to limit interventions to being provided by 'experts' in psychology and psychiatry is misguided and ultimately ineffective. The future lies in creating trust, security, collaboration and a sense of future within and beyond communities.

MORE ABOUT LAURA GREGORY ON THE NEXT PAGE



THE JOURNEY OF A SOLUTION-FOCUSED TRAUMA SERVICE: FROM CONCEPT TO IMPACT (USING CONVERSATION TO CHANGE HEARTS AND MINDS)

TIME	8:30 AM - 9:30 AM	ROOM	ROSSETTI ROOM
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ABOUT LAURA GREGORY

Laura is a therapist at Working Conversations and is currently working on her Level 3 counselling certificate, having completed her Level 3 and her Master's in Psychology. Laura's background is in forensic science and pharmaceuticals, her career change came when she was referred to Steve for therapeutic input after a postnatal breakdown. Laura was particularly interested in the forward-thinking nature of Solution focused practice and began volunteering in her spare time and undertaking necessary training. Soon after, she began her master's and left pharmaceuticals behind with a view to becoming a BACP accredited therapist. What she loves about her work is the people who walk through the door and the life experiences she has the honour of listening to. She loves the moment when a particular question hits home and there is that "lightbulb" expression on someone's face as they begin to realise what they want is within grasp.

Laura is also the clinical director of the trauma-based service Traumaticus, volunteers at a local mental health group and participates in the writing and delivery of the training packages WCG offers. She also launched the free service Church Chats in 2023 in collaboration with Christ Church Higher Bebington which offers face-to-face sessions for people in Bebington and surrounding areas.

LA CONVERSATION EN MOUVEMENT : TROUVER LA STABILITÉ DANS LE CHANGEMENT

TIME

8:30 AM - 9:30 AM

ROOM

SCOTT ROOM

SESSION DESCRIPTION

In solution-focused brief therapy, progress doesn't emerge from problem analysis, but from a confident shift toward preferred futures, subtle adjustments, and a trust in the process. This experiential workshop invites participants to discover these principles through the practice of slackline — a physical activity requiring balance in motion, symbolizing the dynamics of solution-focused conversations. Participants will engage in guided slackline exercises (accessible to all levels), reflective dialogues, and group exchanges. Through these embodied experiences, they will explore: How forward orientation fosters balance and progress The power of micro-adjustments in change processes What it means to trust the process — and the person Whether walking the line or observing, participants will leave with a tangible and lasting understanding of solution-focused principles, ready to transfer these insights into their professional practice.



ABOUT NICOLAS HEUX

With over 20 years of experience in the helping professions in France and Québec, Nicolas has developed expertise in supporting individuals facing significant vulnerabilities. His practice is firmly rooted in Solution-Focused Brief Therapy (SFBT), with the goal of quickly mobilizing people's strengths and resources to foster meaningful and lasting change. In 2022, he founded Institut AOS, an organization offering psychotherapy, psychosocial support, and coaching services, all guided by the philosophy of the Solution-Focused Approach. The institute provides a human, concrete, and rapid form of support, emphasizing skills, resources, and the development of individuals' sense of agency. As a clinical supervisor and trainer, Nicolas collaborates with healthcare and social service professionals in both France and Québec, helping implement solution-focused practices across diverse settings. He is an active member of an international network of practitioners (psychiatrists, psychologists, social workers, and coaches) and promotes an ethical, systemic, and empowerment-centered perspective.

BACK TO BASICS: ARE WE REALLY LOOKING FOR STRENGTHS?

TIME	9:45 AM - 10:45 AM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

It is commonly thought that SFBT is a strengths-based model and therefore, we are looking for strengths. This way of thinking leads practitioners to act in problem-solving kinds of ways. They mistakenly think that once we can find a client's strengths, these are the "answers" to the client's problems. This can lead to frustration when the professional can clearly see strengths that the client doesn't identify. This workshop challenges this thinking and invites us back to what Steve de Shazer originally says that he was looking for in his conversations with client . . . what works. This workshop will challenge the attendees to look at what Steve de Shazer wrote as the principles of SFBT. In addition, the presenter will share insights and personal conversations she had over the years with Steve de Shazer and Insoo Kim Berg about the development of SFBT as well as the downfalls of learners thinking they are "looking for strengths" when working with clients. The intent of this workshop is to challenge participants to purposefully move client conversations in the direction indicated by the client. To do this, we must let go of labels and assessment and step into a curious, not-knowing stance.

MORE ABOUT TERI PICHOT ON THE NEXT PAGE



BACK TO BASICS: ARE WE REALLY LOOKING FOR STRENGTHS?

TIME	9:45 AM - 10:45 AM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT TERI PICHOT

Teri has more than thirty-five years of experience working with some of the most challenging clients include those who struggle with substance misuse, chronic mental illness, and domestic violence. She is the founder of the Denver Center for Solution-Focused Brief Therapy, and she provides inspiring and educational training and workshops to professionals around the world in how to use this evidenced-based approach with some of the most difficult clientele. Teri has published numerous journal articles and five books (some have been translated into Spanish, Chinese, Japanese, Mandarin, and French). She is known for her energetic and personable teaching style, and she brings passion and practicality to her workshops. She believes that everyone who attends her training should leave with meaningful tools that will make an immediate difference in clients' lives. Learn more about Teri and her work at www.denversolutions.com

REGULATION BEFORE RESOLUTION: BRINGING NERVOUS SYSTEM AWARENESS INTO SOLUTION-FOCUSED PRACTICE

TIME

9:45 AM - 10:45 AM

ROOM

WREN ROOM

SESSION DESCRIPTION

What allows a conversation to move forward and what holds it back? In this session, we explore how physiological regulation underpins our ability to be present, curious, and constructive in Solution-Focused work. Whether we are therapists, coaches, or people leaders, our capacity to support others in change-oriented conversations is shaped by our own nervous system state and by our ability to recognize and respond to the states of those we're working with. This session introduces foundational principles of nervous system awareness, including the three core states of the autonomic nervous system, the concept of a hierarchical response system, and the influence of the safety/danger equation on communication. When people feel threatened, overwhelmed, or shut down, even the most elegant Solution-Focused questions can fall flat. The session will emphasize how awareness of regulation, co-regulation, and dysregulation can complement Solution-Focused practice. Rather than stepping outside the model, this approach adds depth to it, helping practitioners recognize how to meet people where they are, and how to gently support readiness for forward movement. This session aligns directly with the 2025 theme "Moving Conversations" by addressing how state shapes story, and how deeper awareness of the body's cues can help unlock change, connection, and momentum in high-stakes or emotionally complex conversations.

MORE ABOUT JESSICA HAWKINS ON THE NEXT PAGE



REGULATION BEFORE RESOLUTION: BRINGING NERVOUS SYSTEM AWARENESS INTO SOLUTION-FOCUSED PRACTICE

TIME	9:45 AM - 10:45 AM	ROOM	WREN ROOM
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ABOUT JESSICA HAWKINS

Jessica is a Certified Workplace Mediator, Conflict Coach, and Solution-Focused Trainer with a background in international conflict transformation. Central to her approach is the belief that physiological regulation is foundational to constructive communication. By integrating neurobiological principles with Solution-Focused and dialogic practices, she helps individuals and organizations navigate emotionally charged or high-stakes conversations with clarity and compassion. Jessica bridges emotional insight, physiological awareness, and practical dialogue frameworks to advance innovative approaches to conflict, communication, and meaningful change across workplace, coaching, and leadership contexts.

USING ANIMAL-ASSISTED THERAPY TO ENHANCE SOLUTION-FOCUSED CONVERSATIONS

TIME

9:45 AM - 10:45 AM

ROOM

CARLYLE ROOM

SESSION DESCRIPTION

My work combining Solution-Focused Therapy and AAT (Animal Assisted Therapy) began in January 2023. Combining SFT with AAT will be presented. Concrete examples of my workshops including the questions used will be explored. These include noticing, instances, VIP, coping, scaling and instead questions. We will discuss how challenging it can be for those who are socially isolated to answer relationship questions. Therefore, I will demonstrate how the use of a therapy dog can “stand-in” as an individual’s VIP. We will discuss the benefits (social, emotional, stress relief, cultivate social skills...) of AAT when combined with SFT. Further details of my discussion groups will be provided (ex: paralleling a dog’s coping mechanisms to an individual’s coping skills). No access to a therapy dog? No problem! Example questions pertaining to a client’s past meaningful relationships with their own pets will be explored. The workshop participants will have an opportunity to form small groups and brainstorm ideas and examples of how AAT could be beneficial in their work with their clientele.



ABOUT BEA PERRYON

Bea has worked in community mental health for the past 23 years at Project PAL (PAL) in Montreal, Canada. She supports adults who live in PAL’s housing programs. These individuals receive intensive support services that enable them to reintegrate the community after a challenging period in their lives. She developed an Animal-Assisted Solution-Focused (AAT SF) program at PAL. Along with her therapy dog, Happy, she facilitates individual and group AAT SF mental health discussion groups for residents and for PAL’s membership at large. In addition to her work in AAT she is co-founder of a private practice called Canadian Alliance of Solution-Focused Practitioners.

LOOKING FOR WHAT WORKS: ADDRESSING CHRONIC SCHOOL AVOIDANCE THROUGH SF PRINCIPLES

TIME	9:45 AM - 10:45 AM	ROOM	SCOTT ROOM
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SESSION DESCRIPTION

My best hope is to have a session that is interactive, engaging and fun where participants take away practical ideas to implement in their settings. I plan to engage participants in a conversation about the issue of chronic school avoidance, will outline the program we have implemented in my school utilizing SF principles, and will engage participants in active learning exercises we have utilized in the program. Through a SF peer consultation model, we have changed the way teachers communicate with each other about students struggling with attendance issues. Using a SF approach has also increased trust and promoted productive collaboration between parents and educators. SF conversations have been infused at every level of this program from counselor-student, teacher-student, teacher-teacher, parent-educator, administrator-teacher-counselor. We have seen that SF conversations have made a difference for both students who have historically struggled with attendance, for their parents, and for the educators who work with them. Educators have navigated the school year with the SF mantra of "looking for what works and doing more of it". This has enabled us to identify new and out-of-the box ways to support student attendance. As we are working with students who had not responded to standard approaches to improve attendance, these out of the box ideas became valuable assets in supporting our students.

MORE ABOUT ERIN CUSANNO ON THE
NEXT PAGE



LOOKING FOR WHAT WORKS: ADDRESSING CHRONIC SCHOOL AVOIDANCE THROUGH SF PRINCIPLES

TIME	9:45 AM - 10:45 AM	ROOM	SCOTT ROOM
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ABOUT ERIN CUSANNO

Erin has been a school counselor in a middle school for 26 years. For the last two years, she has been involved in implementing a new program geared to improving chronic school avoidance. She has utilized SF principles at every level of program implementation and is excited to share what she has learned. Outside of school, Erin enjoys spending time cooking, gardening, reading, writing, skiing and traveling with her husband Joe and two children.

AN IFS-INFORMED AND SOLUTION-FOCUSED APPROACH TO FINDING INNER SUPERHEROES

TIME	9:45 AM - 10:45 AM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

In this workshop, I hope to collaborate with participants to move the conversation of solution-focused practice and consider its value when used alongside Internal Family Systems (IFS). IFS therapy is a counseling approach that recognizes and seeks to bring the many 'parts' of a client into awareness. IFS empowers clients by bringing their 'parts' forward and acknowledging the strengths that are present within each of them. Like a solution-focused approach (SF), IFS is driven by curiosity, compassion, and connection, all of which are essential to an IFS-informed practitioner. Both therapies are non-pathologizing, strengths-based, future-oriented, encompass hope-finding, and perceive the client as a resourceful expert regarding their experiences (Anderson, 2003; Schwartz, 2021). When working alongside clients with experiences in hard places and, more importantly, of survival, integrating solution-focused language into IFS work helps clients to identify the parts and the characteristics of those parts that historically come to the individual's aid when challenges arise. This idea suggests that the "very important presences" (VIPS) might also be positive adaptation and resiliency factors (Jimenez Ambriz et al., 2011; Lutz, 2025) or internal superheroes. By identifying these superheroes, clients can identify reasons to value all of the parts of self, leading to less inner conflict, increased integration of parts, and improved self-awareness.

MORE ABOUT FRANCESCA GARZA-FRAIRE ON THE NEXT PAGE 

AN IFS-INFORMED AND SOLUTION-FOCUSED APPROACH TO FINDING INNER SUPERHEROES

TIME	9:45 AM - 10:45 AM	ROOM	ROSSETTI ROOM
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ABOUT FRANCESCA GARZA-FRAIRE

Franchesca is a lifelong educator and learner. Francesca graduated from Texas Christian University in 2002 and 2022. She worked as a counselor in PK-12, a nonprofit child advocacy agency, and is currently in private practice. Dr. Garza-Fraire is the Director of School Counseling at the University of Mary, where she also serves as an Assistant Professor in the Graduate Counseling Program. Her practice is informed by solution-focused language and a strengths-based perspective.

EXPLORING THE UTILITY OF SFBT IN FAMILY SETTINGS

TIME	11 AM - 12 PM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

This highly experiential workshop introduces participants to the application of Solution-Focused Brief Therapy (SFBT) in family contexts. Through live demonstrations, small-group conversations, and case-based reflection, participants will explore how core SFBT principles — such as goal-directed dialogue, resource activation, and respectful curiosity — can be adapted for use with multi-member family systems. The session highlights the contrasts and possible integrations between Solution-Focused Family Therapy and traditional family systems models. Emphasis will be placed on managing multiple perspectives, facilitating shared goals, and maintaining a collaborative stance even in complex family dynamics. Cultural adaptability and system-level sensitivity will be addressed through practical tools and techniques. As a bridge to the separate session on the Solution-Focused Alliance Dynamic Scale (SFADS), this workshop will demonstrate how the SFADS can also be used in family therapy settings to reflect on alliance patterns and enhance therapeutic presence.

MORE ABOUT ARNOUD HUIBERS AND VASUNDHARA
A SANTOSH NAIR ON THE NEXT PAGE 

EXPLORING THE UTILITY OF SFBT IN FAMILY SETTINGS

TIME	11 AM - 12 PM	ROOM	CARLYLE ROOM
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ABOUT ARNOUD HUIBERS

Arnoud is a licensed consultant psychologist, psychotherapist, and family and couples therapist. He was educated at the University of Utrecht and the Academic Medical Centre of Utrecht. He specialised in solution-focused therapy under the direct mentorship of Steve de Shazer and Insoo Kim Berg, founders of Solution-Focused Brief Therapy (SFBT). Renowned for his impactful training programs, Arnoud has taught across Europe, India, China, Mexico, Peru, the Caribbean, and South Africa. He is a founding member of the Academy of Solution-Focused Approaches and Research (ASFAR) and an active member of several professional organizations, including NIP, NVRG (where he also serves as a supervisor), VKJP, VEN, and LVP.



ABOUT VASUNDHARAA SANTOSH NAIR

Dr. Vasundharaa S Nair is an Assistant Professor, Assistant Dean of Academic Affairs and Deputy Director for the Centre for Community Mental Health (CCMH) at JIBS. She completed her MPhil and PhD from the National Institute of Mental Health and Neurosciences (NIMHANS) in 2023. Her doctoral research focused on developing a checklist of the various social determinants of health associated with brain infections, along with guidelines for care. She is a trained psychotherapist providing care for psychiatric and neurological conditions at individual and family levels. She is currently engaged in research focused on child development, building mental health support groups for students, exploring social determinants of health, and addressing climate change, among other topics. She has received grants from the NIHR, APYE, UGC, and other organisations, among others. She has been awarded at various national and international platforms for her papers and contributions and has published papers in PubMed/Scopus-indexed national and international journals of repute. In addition to her academic interests, she is a trained dancer, a team leader, and always up for a good laugh.

RECALCULATING ROUTE: CHANGING DIRECTIONS WHEN YOU ARE GOING AROUND IN CIRCLES

TIME	11 AM - 12 PM	ROOM	MAIN ROOM MOUNTBATTEN
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SESSION DESCRIPTION

If it's not working, do something else. But what else? When practitioners feel like the solution-focused approach isn't working and they are stuck, or going around in circles, they may be tempted to return to the problem, just like the person they are trying to help. In this context, they may fall back on old habits or approaches like identifying defects and giving advice. It is tempting to throw in the solution-focused towel and say, "they needed to talk about it, so I let them talk." This workshop offers a concrete solution-focused tool for moments like this that can be used to overcome obstacles and roadblocks (whether real or perceived) and to identify new directions. This tool guides practitioners through an analysis of the situation and invites them to choose a strategy for moving forward: return to the successful past, better define the preferred future, conserving the client's language, personalizing scaling questions, or resource gossiping about the client.



ABOUT BRIGITTE LAVOIE

Brigitte Lavoie has been a psychologist for more than 30 years. She is passionate about promoting solution-focused practices in a problem-saturated world. She has made a significant contribution to the implementation of SF practices in the province of Quebec, particularly in the field of suicide prevention, grieving and the creation of training programs in mental health agencies and community organizations. Lavoie has presented at conferences in North America and in Europe. In 2019, she was the chair of the SFBTA Annual Conference and received the Insoo Kim Berg in memoriam prize in recognition of her contribution to the field.

THE BRUGES MODEL: A DIFFERENT MAP FOR THE SAME TERRITORY

TIME	11 AM - 12 PM	ROOM	SCOTT ROOM
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SESSION DESCRIPTION

In this interactive workshop, participants will explore the Bruges Model as a dynamic tool for moving conversations in therapeutic contexts. Developed over decades at the Korzybski Institute in close collaboration with pioneers like Steve de Shazer and Insoo Kim Berg, the Bruges Model provides a structured yet flexible framework that helps practitioners navigate solution-focused conversations with agility and attunement. The Bruges Flowchart emphasizes circularity and real-time adaptation, reflecting the evolving nature of therapeutic alliances. It acts as a compass, guiding practitioners through the often-unpredictable terrain of client conversations while maintaining a focus on the client's goals, strengths, and preferred future. This approach supports the ongoing co-construction of meaning and change, recognizing that the therapeutic alliance is a continuously negotiated process shaped by each client interaction. Participants will engage with the Bruges Model as a reflective mindset that supports creativity and responsiveness. They will practice using relational indicators within the flowchart to refine their therapeutic strategies, aligning interventions with the client's unique context and evolving needs. By the end of the workshop, attendees will have gained practical insights and tools to strengthen their solution-focused practice, enhancing their ability to foster sustainable change through meaningful conversations.

MORE ABOUT GEERT LEFEVERE AND SEBASTIEN VERNIEUWE ON THE NEXT PAGE 

THE BRUGES MODEL: A DIFFERENT MAP FOR THE SAME TERRITORY

TIME	11 AM - 12 PM	ROOM	SCOTT ROOM
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ABOUT GEERT LEFEVERE

Geert Lefevere is a clinical psychologist and solution focused therapist. He is a certified supervisor, trainer and board member at the Korzybski Institute Bruges. Geert has 40 years of clinical experience in clinical settings and private practice. He is the author of *The Therapeutic Alliance*, together with the late Luc Isebaert. Geert is also current Vice-President of the EBTA and Secretary of IASTI.



ABOUT SEBASTIEN VERNIEUWE

Sebastien has a background in special education and is a Solution-Focused Psychotherapist. He is a permanent member of staff and trainer at the Korzybski Institute (Bruges, Belgium). With over two decades of experience in the Solution Focused field, he has applied the Solution Focused mindset on a variety of themes and subjects such as: Child protection, forensic and general youthwork, co-parenting and blended families and more recently, applications on gaming and online habits as well as community based projects. Sebastien is also the main instigator behind the popular 3QBEER, world's only Solution Focused Beer, typically Belgium.

AI ROLE-PLAY TRAINING FOR BRIEF THERAPY: PROPOSAL AND PROGRESS REPORT

TIME

11 AM - 12 PM

ROOM

HALLWAY AREA

POSTER DESCRIPTION

This poster presentation is a progress report on a study regarding Brief Therapy training for beginners using Generative AI (ChatGPT). Four participants took part in a role-play training program in which they acted as counselors and the AI acted as the client. All training scenarios were generated by the AI using five keywords extracted from academic paper search results. Participants were asked to conduct the role-play through a text-based chat for 20 minutes. They also completed questionnaires, including several scales related to Solution-Focused Brief Therapy (SFBT), both before and after the training day. Due to the small number of participants, it is difficult to draw conclusions from scales as a whole. However, statistical differences were found in several specific items. Additionally, meaningful insights were obtained from the open-ended responses included in the questionnaires. In this presentation, I will report on the progress of the study, propose the use of this SFBT training approach, and discuss how to evaluate its effectiveness. These findings will help explore the potential and limitations of using AI-based role-play in SFBT training.



ABOUT TOMOHIRO INOUE

Tomohiro Inoue is an Assistant at the Support Center for Students with Disabilities at Aoyama Gakuin University (Shibuya, Tokyo, Japan). He is also a trainer at the International Foundation of Brief Therapy (IFBT, formerly NFBT). Previously, he worked as a counselor in education and social welfare for over ten years. His current research interests include therapist education in Brief Therapy, support for school refusal and social withdrawal, and reasonable accommodations for persons with disabilities. His English may be “under construction,” but he’s always happy to chat—just speak slowly and smile!

TRIGGER WARNING: HOPEFUL CONVERSATIONS WITH EDUCATORS

TIME	11 AM - 12 PM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

Current research in education suggests that there are several stress points affecting the health of school communities. This research highlights the influence of social media and AI, student disengagement, teacher burnout and challenges to DEI and social-emotional learning. Rather than being triggered by the seemingly negative impact of much of this research, there is an opportunity to work towards a more hopeful future with solution-focused practices and conversations. This hope lives in conversations within communities, with individuals, and with ourselves. Participants in this workshop will have many opportunities to reflect on current research, their own practice, and areas of growth for themselves and their communities. These opportunities will focus on the hope that can spring from our commitment to intentional solution-focused professional practices as they create a hopeful present and future.

**MORE ABOUT MARY GAUTHIER AND RICHARD HOOD
ON THE NEXT PAGE**



THE BRUGES MODEL: A DIFFERENT MAP FOR THE SAME TERRITORY

TIME	11 AM - 12 PM	ROOM	ROSSETTI ROOM
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ABOUT MARY GAUTHIER

Mary is the Executive Director of the Greenwood Centre for Teaching, Learning, and Research at Greenwood College School in Toronto. The center's mandate is to support and celebrate great teaching through research, teacher professional development and coaching, knowing the positive impact our collective teaching has on student learning and well-being. With this in mind, Mary has been dedicated to building inclusive classrooms and school communities based on respecting all school community members and helping them articulate and realize their hopes for the future. With an initial background in Early Childhood Education and experience in Special Education SK to 12, her Certificates in Alternative Dispute Resolution (Mediation) from OISE/U of T and most recently in Brief Coaching (OISE/U of T) have provided ways to listen and bring all voices and actions together as they contribute to the positive growth in her school community. Mary has also worked with schools to support their efforts in meeting the needs of their students in an inclusive and sustainable model that reflects the vision and mission of their school.

MORE ABOUT RICHARD HOOD ON THE NEXT PAGE



THE BRUGES MODEL: A DIFFERENT MAP FOR THE SAME TERRITORY

TIME	11 AM - 12 PM	ROOM	ROSSETTI ROOM
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ABOUT RICHARD HOOD

Richard is a passionate facilitator of adult and student learning. His main focus considers the challenge: How can we as educators create safe spaces that acknowledge and honor both voices from a dominant cultural narrative, and voices that may have been marginalized by this narrative? In this regard, he has a special interest in creating and supporting administrative and teacher commitment to intentional practices of teaching and learning. He seeks to re-define the teacher as a 'diagnostician', whose core job skill is to diagnose the learning needs of their students and select the appropriate tools to facilitate that learning. He values and encourages diverse perspectives. He has attained certificates in Narrative, Brief and Solution Focused Therapeutic techniques, with an emphasis on mindfulness in learning. Richard has facilitated workshops on leadership development and creativity at the International Boys' School Coalition conferences in Johannesburg, South Africa, Boston, Massachusetts and Washington D.C. He currently facilitates teacher training sessions in IB Approaches to Teaching and Learning, Social Emotional Learning, Language and Literature, and Learning in a Global Context. (Istanbul, Athens, Delhi, Dublin, Bangkok). Personally and professionally Richard strives to celebrate curiosity, wonder, playful inquiry and humor.

REFLECTING SOLUTIONS THROUGH MOVING PERSPECTIVES

TIME	11 AM - 12 PM	ROOM	WREN ROOM
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SESSION DESCRIPTION

The purpose of the session is to practice the setting of "reflecting solutions" with participants and to elaborate with them which advantages this setting has. Participants will learn about the history of "reflecting settings" in the systemic field and how it developed from an expert-focused interventional setting to an patient-centered interventional setting. Patients and families are able to find their own solutions if we trust them to do so. So patients, families or groups (Teachers-Parents-Students) reflect with each other in three phases: in the first round one group observes the other group discussing the possible solutions for the problem or the challenge they're addressing. The observational focus is: what do we like about what we are observing? In the second phase the focus of observation is moving (!) to the other group observing how the other participants reflect about the good things they heard and saw in the first phase. The Focus of the Observation is the same: What do you like about the things you observe? In the last -third-phase, the focus is moving again, back to the group that started the observation. What is it all about? That's what we will elaborate with all participants.

MORE ABOUT FILIP CABY ON THE NEXT PAGE



REFLECTING SOLUTIONS THROUGH MOVING PERSPECTIVES

TIME	11 AM - 12 PM	ROOM	WREN ROOM
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ABOUT FILIP CABY

At the End of my medical studies in Leuven (Belgium). I had the occasion to attend some family therapy sessions in the treatment of Anorexia Nervosa. That was in 1981. That fascinated me! I moved to Germany to do my specialization in Child and Adolescent Psychiatry. The Director of the Clinic where I was an assistant doctor asked me to train the team in family therapy.... About 10 years later I started to establish my own department in Papenburg and I invited Luc Isebaert, Yvonne Dolan, Michael Durrant, Tom Andersen, Jeff Zeig, Ben Furman and I met Steve de Shazer, Harry Korman, etc. .They all supported me to establish a systemic and SFBT-Department in Papenburg. Our Topic was to "play" with settings to enable patients and families to find solutions for the problems that brought them to us, without input from the so-called Experts. One of the outputs was the "Reflecting Solutions"

RANDOMIZED EVALUATION OF LOCAL CHAMPIONS FOR SFBT IMPLEMENTATION IN INTEGRATED CARE SETTINGS

TIME	2 PM - 3 PM	ROOM	HALLWAY AREA
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POSTER PRESENTATION

This research poster will present evaluation findings from the first two rounds of the Illinois Behavioral Health Workforce Center SFBT Training and Implementation Initiative for Integrated Care Settings. The implementation initiative provided funding for integrated care agencies across the state of Illinois to send behavioral health providers to a 2-day SFBT Basics training with a leading SFBT trainer plus baseline implementation supports including the SFBT manual, fidelity measure, and biweekly e-mails with tips on using SFBT in integrated medical-behavioral health settings. The pilot initiative also randomly assigned half the agencies to develop a “local champion” of SFBT who received additional advanced training and ongoing expert consultation on SFBT and who was tasked with providing internal consultation and fidelity review of SFBT for the other providers at their agency. Provider surveys, provider focus groups, and a two-week client evaluation phase provided data on the outcomes of the SFBT implementation initiative with and without champions, and the second round involved training additional providers at some of the same agencies allowing evaluation of the long-term impacts of developing an SFBT champion. The poster format will allow concise presentation of major findings from the evaluation and Q&A with the lead investigator on the project. Though champion and non-champion agencies had similar outcomes for SFBT adoption and client outcomes, providers gave significantly higher ratings to SFBT implementation at champion agencies and champion agencies exhibited more efficient SFBT services in the second round at 6-month follow-up.

MORE ABOUT RAY EADS ON THE NEXT PAGE



RANDOMIZED EVALUATION OF LOCAL CHAMPIONS FOR SFBT IMPLEMENTATION IN INTEGRATED CARE SETTINGS

TIME	2 PM - 3 PM	ROOM	HALLWAY AREA
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ABOUT RAY EADS

Ray Eads, PhD is an Assistant Professor at the University of Illinois Chicago Jane Addams College of Social Work and a member of the SFBTA Research Committee. Dr. Eads has both clinical and research experience with SFBT and is an author of 3 book chapters and 3 journal articles on SFBT, including an article on an integrated Solution-Focused Body-Mind-Spirit group therapy intervention for Asian-American youth that was recognized as the 2023 Best Mixed Method Article by the journal Families in Society. Dr. Eads currently leads the SFBT Training and Implementation Initiative for Integrated Care Settings with the Illinois Behavioral Health Workforce Center. In this role, Dr. Eads facilitates a Solution-Focused Learning Collaborative supporting the growth of clinicians using SFBT in integrated care settings and conducts program evaluation studies of best practices in SFBT implementation.

CYCLES OF HARM, PATHWAYS TO HOPE: SOLUTION-FOCUSED APPROACHES TO DOMESTIC VIOLENCE

TIME	2 PM - 3 PM	ROOM	CARLYLE ROOM
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SESSION DESCRIPTION

Domestic violence is often framed in simple terms of victims and perpetrators, yet lived experience shows a more complex picture. Many who cause harm have also been harmed, and cycles of violence continue when this reality is overlooked. Traditional responses can become stuck in blame, leaving families with little sense of change or hope.

In this session, Ayse Adil explores how solution-focused approaches can shift the narrative — supporting victims in their recovery while engaging perpetrators in meaningful accountability. Drawing on real practice examples, she will show how focusing on strengths, resources, and future possibilities can create practical steps toward safety and transformation.

Participants will leave with fresh perspectives and tools for working with adults affected by domestic violence — finding new ways to interrupt cycles of harm and open genuine pathways to hope.



ABOUT AYSE ADIL

Ayse Adil is the co-founder of Family Based Solutions, a UK charity she established in 2012 to support families experiencing child-to-parent abuse and domestic violence. A former teacher, Ayse brings her background in education into her therapeutic and systemic work with families. She delivers training and consultancy to leading organisations including the NSPCC and the Metropolitan Police, as well as international audiences. Passionate about breaking cycles of harm, Ayse is recognised for her practical, solution-focused approach and her commitment to helping families move from harm to hope.

SOLUTION-FOCUSED GROUP THERAPY: ADDRESSING CHALLENGES THROUGH SOLUTION-FOCUS

TIME	2 PM - 3 PM	ROOM	SCOTT ROOM
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SESSION DESCRIPTION

This workshop will provide participants with ways to create meaningful and interactive experiences with group members using solution-focused interventions that help group members reach their goals and the goals of the group. The presenter will provide an overview of SF group techniques, ways to enhance the therapeutic factors, and considerations in creating effective group experiences. Participants will also gain information about how to effectively intervene when challenges arise through a solution-focused lens, focusing on viewing challenges as an opportunity for growth of group members, as well as the group as a whole. A handout will be provided, that gives different solution-focused responses the group leader might use to address different challenges. Participants will engage in a group, practice group skills, and use activities that emphasize building solutions in a cohesive group to move groups into deeper and meaningful relationships.



ABOUT ELIZABETH TAYLOR

Becky is a Professor in the College of Education at Texas Christian University, where she has served as program coordinator, associate dean for undergraduate studies, and now as director of practicum and internship experiences. In 2019, she published the book *Solution-Focused Therapy with Children and Adolescents: Creative and Play-Based Approaches*. She is a Licensed Professional Counselor/Supervisor, a Licensed Marriage and Family Therapist, an approved family mediator, a certified school counselor and a Registered Play Therapist-Supervisor. She has researched, written, and presented workshops and training in solution-focused therapy, play therapy, resiliency, and prevention of high-risk behaviors at the local, national and international levels. For more than 20 years, she has taught about solution-focused groups and written about using reflecting teams as part of group work.

SOLUTION-FOCUSED IMPROV

TIME

2 PM - 3 PM

ROOM

MAIN ROOM MOUNTBATTEN

SESSION DESCRIPTION

Solution focus work and improvisational skills are a perfect match. Drawing on the work of solution focused trainer Paul Z Jackson, this workshop gives participants loads of opportunity to play improv games and learn how to apply the skills to their work as solution focused practitioners. Come join the fun.

This interactional workshop will address tenets of solution focused practice and improv including constructing an ideal future, scaling in action, yes-and communication, collaboration, and teamwork. Workshop facilitator and participants will play improv games that are immediately transferrable to the workplace.



ABOUT PAMELA KING

Pamela King, LMFT, founder of Solution Play Training Center, is an enthusiastic and experienced solution focused practitioner, international speaker, author, and trainer. Pam has designed and implemented innovative solution-focused play therapy treatment programs with children and families; she has specialized training in play therapy, family relations, trauma, and family violence. Pam applies the principles of improvisation to develop flexibility, confidence, and spontaneity with clients and workshop participants. Pam is the author of *Tools for Effective Therapy with Children and Families: A Solution-Focused Approach*, published by Routledge as well as articles and chapters in other publications. She is a recipient of the Steve de Shazer Memorial Award for Innovations in Solution Focused Brief Therapy.

GARZA HIGH SCHOOL: IMPLEMENTING SOLUTION-FOCUSED CONVERSATIONS FOR STUDENT SUCCESS

TIME	2 PM - 3 PM	ROOM	ROSSETTI ROOM
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SESSION DESCRIPTION

Garza Independence High School in Austin, Texas, has garnered significant recognition for its solution-focused approach to education. In 2000, collaborating with Principal Victoria Baldwin and Insoo Kim Berg, Cynthia Franklin introduced Solution-Focused Brief Therapy (SFBT) to the school's framework. Since that time the school has fostered a culture where educators and staff are trained to guide students in envisioning and achieving their desired futures. At Garza, all staff members, from administrators to teachers, are trained in solution-focused conversations concentrating on solutions rather than problems, Garza High School cultivates a culture of hope and empowerment, enabling students to overcome challenges and succeed academically. This presentation will be very conversational and invite participant Q&A. We will use case examples, and video demonstrations to show how school staff work together to create a solution-focused culture within the school. Presenters demonstrate several creative ways that teachers, administrators, and counselors implement solution focused conversations in their everyday practices.



ABOUT ADRIANE KIMMEL

Adriane Kimmel is a School Counselor at Garza Independence High School in Austin, Texas. She utilizes Solution-Focused Brief Therapy in her work with students and serves as a Solution-Focused trainer and mentor for Garza's teachers and staff. Ms. Kimmel holds a Master of Science in Social Work degree from The University of Texas at Austin Steve Hicks School of Social Work. Prior to school counseling, she held roles in school social work, inpatient psychiatric care, and community mental health.

MORE ABOUT CYNTHIA FRANKLIN AND DREW →
NICHOLS ON THE NEXT PAGE

GARZA HIGH SCHOOL: IMPLEMENTING SOLUTION-FOCUSED CONVERSATIONS FOR STUDENT SUCCESS

TIME	2 PM - 3 PM	ROOM	ROSSETTI ROOM
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ABOUT CYNTHIA FRANKLIN

Cynthia Franklin is dedicated to advancing evidence-based interventions, particularly Solution-Focused Brief Therapy (SFBT). As a researcher, educator, and practitioner, she has played a pivotal role in the development and application of SFBT in various settings, including schools, mental health clinics, and family therapy practices. Dr. Franklin serves as the Stiernberg/Spencer Family Professor in Mental Health at the Steve Hicks School of Social Work at The University of Texas at Austin. Her work focuses on integrating SFBT into clinical practice to improve mental health outcomes efficiently and effectively. With an extensive body of research, she has published numerous books, peer-reviewed articles, and practice guidelines that have helped shape the field. In addition to her academic contributions, Dr. Franklin is a sought-after speaker, trainer, and consultant, working with clinicians, educators, and policymakers to implement solution-focused approaches in schools and mental health programs worldwide. She has been instrumental in demonstrating how SFBT can be a powerful, strengths-based intervention that fosters resilience and positive change in individuals, families, and communities. Dr. Franklin's expertise has earned her leadership roles in professional organizations, editorial boards, and national initiatives focused on mental health innovation. She remains deeply committed to training the next generation of social workers and mental health professionals, ensuring that solution-focused therapy continues to evolve and make a lasting impact in the field.

MORE ABOUT DREW NICHOLS ON THE NEXT PAGE



GARZA HIGH SCHOOL: IMPLEMENTING SOLUTION-FOCUSED CONVERSATIONS FOR STUDENT SUCCESS

TIME	2 PM - 3 PM	ROOM	ROSSETTI ROOM
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ABOUT DREW NICHOLS

Drew Nichols is the principal of Garza Independence High School. He began his career in education coaching a variety of sports and teaching special education in Austin, Texas. From the interview process to graduation, the student experience has been his priority as he and his staff work to use the solution-focused approach and ensure students are given as many opportunities as necessary to achieve success. Drew's passion is to work individually with students who have experienced adversity in their lives and help them by using solution-focused practices. The Spirit of Garza is reaching out for help with one hand, and then in turn, reaching out with the other to offer assistance through the lessons learned. Drew is moved to watch Garza students live the embodiment of this motto and the reason why Garza is home for so many.

CLOSING PANEL

TIME

4 PM - 5 PM

ROOM

MAIN ROOM MOUNTBATTEN

SESSION DESCRIPTION

Join Peter de Jong, Latika Nirula, and Louisa Jewell for our inspiring Closing Panel as they reflect on the theme “Moving Conversations” across cultures, contexts, and communities.

Together, they’ll explore how Solution-Focused practices continue to evolve, bridging research, real-world impact, and human connection. Don’t miss this energizing close to SFBTA 2025!



ABOUT PETER DE JONG

Peter is the co-author (with Insoo Kim Berg) of many journal articles and the book Interviewing for Solutions. He is an emeritus professor of sociology and social work and a former adjunct at the Brief Family Therapy Center in Milwaukee, WI where solution focused (SF) practices were pioneered. He has been an outpatient therapist, case worker, and led trainings with practitioners working in mental health, child welfare, family services, juvenile corrections, and school settings. He currently conducts microanalysis research on therapy conversations with several colleagues. He is especially interested in using the tools and concepts of microanalysis to enhance the teaching and supervision of SF skills.

**MORE ABOUT LATIKA NIRULA AND LOUISA JEWELL
ON THE NEXT PAGE**



CLOSING PANEL

TIME	4 PM - 5 PM	ROOM	MAIN ROOM MOUNTBATTEN
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ABOUT LATIKA NIRULA

Dr. Nirula is the Director of the Centre for Faculty Development (CFD) at the Temerty Faculty of Medicine, at the University of Toronto. She is a passionate teacher, researcher, coach and faculty developer, who has held a number of education leadership roles across the academic health system. Her contributions span the areas of faculty development, simulation, digital learning, program evaluation, coaching, and curriculum development. She has a deep interest and research program exploring how coaching and the use of performance data can enhance teaching in the academic health sciences, especially for those developing their identities as clinical teachers. Latika has also studied the role of patient and family storytelling in healthcare education spaces. Of note, Latika leads a program at her Centre that provides 1-to-1 coaching to enhance the teaching performance of faculty, and has created a community of practice for others similarly committed to advancing this practice within the academic health system.



ABOUT LOUISA JEWELL

Louisa Jewell, MAPP, is one of Canada's leading experts on the science of wellbeing and human thriving and has spoken to over 100,000 people around the world. Mainly known for her work educating people about the neuroscience of resilience, and the science of wellbeing and happiness, they call on Jewell as a workshop leader and keynote speaker. Jewell appears regularly on CBC radio as a wellbeing expert and has been featured extensively in other media including Forbes, Fast Company, and Oprah Magazine to name a few. Jewell is a featured expert in the documentary The Science of Happiness, is the host of Audible's The Awesome Project podcast and is a best-selling author of her book *Wire Your Brain For Confidence: The Science of Conquering Self-Doubt*. Jewell has a masters degree in Applied Positive Psychology and studied with the top scientists around the world including renowned psychologist, Dr. Martin Seligman. Jewell founded the Canadian Positive Psychology Association (CPPA) to improve the mental health of all Canadians. She is a pioneer in Canada in shaping a wellbeing vision for Canadians and has influenced policy makers and educators across the country.



NOVEMBER 9 (SUNDAY)
POST-CONFERENCE



TRAINERS' MASTERCLASS

TIME	9 AM - 12 PM	ROOM	SCOTT ROOM
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WORKSHOP DESCRIPTION

This in-depth session is designed for educators, mentors, coaches, and supervisors who are dedicated to teaching and implementing Solution-Focused approaches in their work. Whether you are a seasoned practitioner or new to the field, this workshop offers a unique opportunity to refine your skills and deepen your understanding of Solution-Focused practices.

The Dialogic Orientation Quadrant (DOQ) is at the heart of this session, a powerful pedagogical tool that synthesizes the insights of seminal works in the field. You will explore the DOQ as a heuristic that integrates the practical wisdom found in "Opportunities" by Simon and Taylor (2014, 2023), the nuanced analysis of "Microanalysis of Face-to-Face Dialogue" by Bavelas et al., and the foundational "Listen-Select-Build" framework by De Jong and Berg. These concepts will serve as a springboard for enhancing your teaching and supervising practices.

Prepare to engage in a highly interactive and reflective learning experience. Through video analysis, you will observe and analyze real-life Solution-Focused interactions, gaining a deeper appreciation of this approach's subtleties and complexities. Live demonstrations will provide you with firsthand experience of the tools in action, allowing you to see the immediate application in teaching Solution-Focused strategies. Practical exercises will enable you to apply what you've learned, experimenting with different methods and tools to find what works best in your practice.

**MORE ABOUT THE WORKSHOP AND HAESUN MOON
ON THE NEXT PAGE**



TRAINERS' MASTERCLASS

TIME	9 AM - 12 PM	ROOM	SCOTT ROOM
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WORKSHOP DESCRIPTION

Outline: This is tentative as it may change based on what and how the learners might want to learn:

1. Introduction to the Workshop
2. Baseline Recordings of their conversations
3. Three Key Activities
4. Overview of the Dialogic Orientation Quadrant (DOQ): Purpose and Components connecting to Solution-Focused seminal works
5. Creating and Analyzing Video Recordings
6. Plus Delta: Evidence-Based Feedback and Progress-Focused Evaluation
7. Integration and Application
8. Appreciative Wrap-up

By the end of this workshop, participants will be able to:

1. Articulate the Dialogic Orientation Quadrant (DOQ): Clearly explain the different aspects of the DOQ, using the language and concepts from seminal Solution-Focused works such as "Opportunities" by Simon and Taylor, "Microanalysis of Face-to-Face Dialogue" by Bavelas et al., and the "Listen-Select-Build" framework by De Jong and Berg.
2. Enhance Learner Engagement: Utilize the DOQ as a tool to spark and sustain learners' curiosity throughout the teaching process. Participants will learn strategies to make their sessions more interactive and engaging, drawing on the principles of Solution-Focused approaches.
3. Adopt a Learner-Centered Approach: Implement teaching methods prioritizing the learner's experience and perspective. Participants will explore how to create an environment that fosters open dialogue and collaboration, encouraging learners to actively participate in their own learning process.
4. Teach Relational and Dialogic Methods: Apply a learner-centred approach to teaching the relational and dialogic methods central to Solution-Focused practices. Participants will gain insights into facilitating conversations that empower learners to build on their strengths and work collaboratively towards solutions.

MORE ABOUT HAESUN MOON ON THE NEXT PAGE



TRAINERS' MASTERCLASS

TIME	9 AM - 12 PM	ROOM	SCOTT ROOM
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ABOUT HAESUN MOON

Dr. Haesun Moon is a globally recognized expert in Solution-Focused Brief Coaching and Leadership Development. Dr. Moon is celebrated as one of the world's leading thought leaders in Coaching and Mentoring, shortlisted by Thinkers50, often described as "the Oscars of Management Thinking" by the Financial Times.

Her extensive body of work spans various platforms, including impactful keynote speeches, insightful podcast appearances, and engaging video interviews. Dr. Moon's thought leadership is further evidenced through her publications, which include influential books, scholarly articles, and digital pieces that explore practical approaches to coaching and leadership.

- [Author of Coaching A to Z: The extraordinary use of ordinary words](#)
- [Faculty at University of Toronto, Institute of Coaching \(Harvard Medical School\)](#)
- [Director, Canadian Centre for Brief Coaching](#)
- [Director of Training, Brief Coaching Program, OISE/University of Toronto](#)
- [Chief of Research, Human Learning Institute](#)
- [Science Council, EZRA](#)

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Franchesca Garza-Fraire, Haesun Moon, Vicky Essebag

Committee Members:

John Coumbe-Lilley, Tara Gretton, Nicolas Heux, Julie Magadance, Alireza Mollaie, Remembrance Runyowa, Tomasz Switek, Naomi Whitehead

ELECTRONIC PRESENTER SELECTION

Committee Co-leads:

Beverly Kort, Haesun Moon, Vicky Essebag

Committee Members:

María Amelia Barrera, Peter De Jong, Cecile Dietrich, Nicolas Heux, Richard Hood, Denise Krause, Richa Malhotra, Alireza Mollaie, Joel Simon, Tomasz Switek, Lance Taylor, Keiko Yoneyama-Sims, Filip Caby

ELECTRONIC PROGRAMME/ VOLUNTEERS

Committee Co-leads:

Haesun Moon, Vicky Essebag

Lead for Volunteers:

Bo-Yon Koh

Committee Members:

Denise Krause, Filip Caby

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►— OUR PLANNING COMMITTEES —◄

FINAL RESEARCH/SURVEY/CERTIFICATES

Committee Lead:

Cecile Dietrich

Committee Members:

Deb Bush, Debbie Johnson, Pamela King, Remembrance Runyowa, Keiko Yoneyama-Sims

OTHER TECHNOLOGY NEEDS

Committee Co-leads:

John Coumbe Lilley, Larry Trombatore

WELCOME & ENTERTAINMENT/REGISTRATION TABLE

Committee Co-leads:

Nilusha Jiwani-Ebrahim & Michelle Lasky

Registration Table Lead:

Julie Magadance

Committee Members:

Deb Bush, Mary Gauthier, Richard Hood, Pamela King, Bea Perryon

WHAT'S NEXT?

The conference may be wrapping up, but your journey with the Solution-Focused Brief Therapy Association is just beginning!

- **Engage Year-Round** – As an SFBTA member, you can join our annual Townhall and yearly trainings, staying connected and learning alongside a global SF community.
- **Get Involved** – Share your expertise and energy by joining one of our SFBTA committees.
- **Help Shape the Future** – We're already searching for our next conference destinations! If your city or organization would like to host the SFBTA Annual Conference between 2026–2030, we'd love to hear from you: [Upcoming Conference Info](#)

The conversations don't end here. Let's keep them moving!

FUTURE CONFERENCE LOCATION

TOWNHALL AND TRAINING

GET INVOLVED