



The
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for stammering

SFBT @thepalincentre

Feedback from previous workshop participants

“This approach has turned my clinical practice around”

“Celebrate what’s going well”

“Problem free talking”

“SFBT will impact the way I think about my own clinical role and how I approach conversation with others”

“Focus on the solutions and take the clients’ lead”

“Empowering others to focus on positive solutions”

Introduction

This two-day workshop will be a practical introduction to the principles and practice of Solution Focused Brief Therapy (de Shazer, 1985; Ratner, George & Iveson, 2012). Solution Focused Brief Therapy (SFBT) changes the focus of therapy from the problem to the solution, exploring what clients want from therapy and using clients’ resources and strengths to achieve their best hopes. SFBT has been used with parents, children, teenagers and adults who stutter and can be adapted for use in clinical supervision and team meetings. The day will include teaching, discussion and practical exercises and will be supported by video observation.

The video material and case studies presented during the workshop involve clients who stutter, however the approach is applicable to all clients with speech, language and communication difficulties and their families.

Learning Outcomes

At the end of this workshop participants will be able to:

- explain the principles and practice of SFBT;
- describe the structure and content of a typical SFBT session;
- use questions that encourage clients to identify their best hopes from therapy, their preferred future and their resources and strengths; and
- monitor progress using an SFBT-consistent measure.

Workshop Outline

PART ONE: The principles of SFBT: shifting focus from the problem to the solution, building on clients' resources and strengths and seeing a person as more than their problem.

PART TWO: The first session: building connection, exploring clients' best hopes from therapy, describing their preferred future, noticing instances of success that are already occurring, complimenting and ending.

PART THREE: Follow up sessions: scaling and identifying small signs of change, exploring what clients have been pleased to notice and handling things staying the same.

PART FOUR: Measuring outcomes: monitoring clients' progress over time; working in groups.

PART FIVE: the therapist's role in SFBT.

PART SIX: using the solution focused approach in clinical supervision; and round up and discussion – use of the solution focused approach in participants' clinical settings.

References

de Shazer, S. (1985) *Keys to Solutions in Brief Therapy*. New York: W.W. Norton

Ratner, H, George, E & Iveson, C. (2012) *Solution Focused Brief Therapy: 100 Key points & techniques*. London: Routledge