



*Quality Training in Psychological Skills for over 20 Years*

The Skills Development Service Ltd presents:

# Brief Solution Focused Therapy

(Module of the **Certificate in Resource Based Therapies**)



**Module one of the two day course on BSFT: a practical and rapid approach to complex cases for all health and social care professionals**

Can be taken as an individual one-day course or as a part of a Certificate in Resource Based Therapies (4 days training) approved by the BPS Learning Centre.

I would just like to say how much I have enjoyed SDS courses I have attended in the past.

I was initially quite sceptical and yet I have found Paul to be a genuinely interesting person with lots of relevant experience to share, which he does in a truly inspirational way.

I have left feeling excited about practising the new skills and ideas I have learnt.  
**J.L.G.**

Brief Solution Focused Therapy offers as the very least an enhancement to existing therapeutic approaches and at best an alternative to other evidence based therapies. It utilises process techniques that predate CBT but which are embraced by the latter, whilst sharing a great deal with both Systemic and Client Centred approaches. This course gives you an in-depth introduction to this effective approach.

## About this course:

**Introduction to Brief Solution Focused Therapy (BSFT):** Evidence base and applicability to different client and staff groups.

**Understanding the trap of the CLEPPER approach** in traditional models of helping. Key underlying principles of BSFT and its implications for practice. How brief is brief? Single five minute meetings through to longer term work.

**Initial Engagement:** Laying the groundwork for change. Rapport building (with a difference!). Changing your and your clients' attitudes to problems through language change.

**Creating "psychological distance" between the client and their problems** whilst increasing a sense of "personal agency". Helping the client let go of unhelpful attitudes towards their problems. "Doing the problem". Creating a sense of hope and "possibility" and "goal direction" for stuck clients. Moving out of stuck behaviour and repetitive negative cycles.

**Techniques to help clients re-evaluate and change old negative patterns.** The role of "experimental behaviour" and how to use it with clients. Techniques for "going against the flow". Addressing negative cognitions from a Brief Solution perspective.

**Focusing on solutions.** Helping clients to discover their own internal resources for problem resolution. "Why aren't things worse" "Doing the solution optimally", "Competency transfer".

**Paradoxical interventions** & their use with clients

1 November 2011  
25 January 2012  
15 May 2012

London  
Manchester  
London

## FREE CD-ROM for each delegate

With PowerPoint presentation handouts, reading & reference lists, photocopiable worksheets, checklists, and forms to use immediately with your clients.



[www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)





**Course tutor: Paul Grantham, B.A. (Oxon), M.Sc, M.Clin.Psychol., BABCP (Accred)**, is a clinical psychologist with vast clinical and training experience. Having originally taken a degree in history at Oxford University, Paul chose to make Psychology his professional career and took an MSc degree in Psychology at Sussex University followed by training as a Clinical Psychologist at Liverpool University. He has worked extensively within the NHS for many years as a clinical psychologist including primary care, mental health, forensic, substance misuse and physical health and has trained staff in health care, social services, local government and education around the UK and abroad. Paul has a particular interest in clients' motivation for change, resistance and reasons of why people do NOT change. He currently focuses on the practical applications of resource based therapies. He has presented and written on a range of psychological issues.

Paul is registered with the HPC, an Associate of The RSM and is an Accredited CBT Therapist. An extremely informed, clinically experienced and humorous speaker he is known as one of the most popular and inspirational tutors in the field of psychological skills training.

## Booking Conditions

**Booking constitutes a contract.**

**Course fee**

- **Early Bird and Online Booking Price: £115 + VAT (£138)** per delegate to include refreshments and course materials (This discount is valid within 1 month prior to event or for ALL credit card online bookings).
- **Regular Price: £140 + VAT (£168).**
- **Block bookings:** Save over £100 when booking **all 4 modules of the Certificate** – for details visit [www.skillsdevelopment.co.uk/rbt.html](http://www.skillsdevelopment.co.uk/rbt.html)

**How to book**

- Telephone: 0870 241 7294 giving credit card details.
- Web: Use our secure server on [www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk) giving credit card details.
- By Post: Detach the booking form below (photocopies acceptable) and either:
  - Send with a cheque made payable to The Skills Development Service Ltd to:  
SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
  - Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from your employer showing name & address to send invoice to.
- No provisional bookings taken.

**Cancellations**

- Cancellation in **writing** up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in **writing** up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

**To change delegates or locations:** Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website [WWW.SKILLSDEVELOPMENT.CO.UK](http://WWW.SKILLSDEVELOPMENT.CO.UK) for further information on this and other courses, to book your place or to check availability - **Updated daily!**

### ----- Booking Form -----

**Brief Solution Focused Therapy (BSFT 1)** Code: NAM

**COURSE DATE** \_\_\_\_\_ **COURSE LOCATION** \_\_\_\_\_

**DELEGATE NAME** \_\_\_\_\_

**JOB TITLE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**POST CODE** \_\_\_\_\_

**TEL No:** \_\_\_\_\_ **FAX No:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

Please check your e-mail address carefully – your CONFIRMATION LETTER will be e-mailed to you to this address!

**The Skills Development Service Ltd, P.O. Box 254, UCKFIELD, TN22 9BN**  
**Tel: 0870 241 7294 Fax: 0870 199 1838 e-mail: [info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk)**  
**[www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)**