

The Skills Development Service Ltd presents
a one day training course:

Brief Solution Focused Therapy

One day seminar on a practical and rapid approach to complex cases for all health and social care professionals

What will the delegates take away from the course?

- Learn how complex multiple problems don't need lengthy complex solutions
- Effect change in behaviour, thoughts and feelings in 1 – 4 contacts even with very "stuck" clients
- Evidence based
- Video demonstrations of techniques
- Strategies to prevent client dependency
- Identify your most challenging clients' undiscovered personal strengths and resources
- Discover how to be optimistic and motivated with your most difficult cases
- Learn how to be brief when you were trained to be deep and spot complex causes and needs
- Invaluable in a range of health and social care environments across the age span



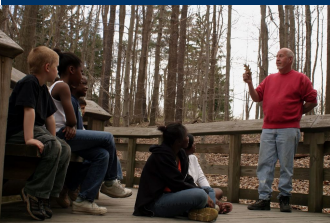
How would you deal with the following ?

- A 15 yr old woman with multiple problems and a 3 yr old history of self harm who says "No one's EVER helped me before and you're just the same"
- A 36 yr old man with a diagnosis of schizophrenia and an above-the knee amputation, who desperately wants a girlfriend, but refuses to address personal hygiene problems
- A 54 yrs old woman is absent from work with stress related problems centring on work pressures combined with the threat of redundancy. How would you work with her?

This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways



- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS**, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available



Available for In-house Training

Book now and take advantage of our unique **SPECIAL OFFER**

see overleaf for details



Brief Solution Focused Therapy

Course Outline:

09.30 Registration (All times may vary depending on arrangements of your organisation)

10.00 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. Why more work occurs away from the practitioner than whilst clients are with them. Video illustration of use of BSFT with a client on how long standing problems can be addressed.

11.15 Refreshments Break

11.30 Softening Things Up

Laying the groundwork for change. Rapport building (with a difference!). How to focus on presenting problems constructively without getting drawn into the clients own negativity. 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” and responsibility. Helping the client let go of unhelpful attitudes towards their problems. “Doing the problem”. How to create a sense of hope and “possibility” and “goal direction” for stuck clients.

13.00 Lunch Break

14.00 Moving out of stuck behaviour and repetitive negative cycles.

Four effective techniques to help clients re-evaluate and change old negative patterns. The role of “experimental behaviour” and how to use it with clients. Negotiating obstacles to change. Techniques for “going against the flow”. New techniques for addressing negative thinking.

14.20 Focusing on solutions (1)

Three exercises to help clients discover their own internal resources for problem resolution. “Why aren’t things worse”, “Doing the solution optimally”, “Competency transfer”. Video illustration of techniques with a client.

15.00 Refreshments Break

15.15 Focusing on solutions (2)

Drawing on the client’s external resources with an exercise using real and “distance” role models. The idea of “faking” new responses. Paradoxical interventions and their use with clients. A simple “breaking pattern” exercise to use with clients. Making the spontaneous deliberate.

16.20 Plenary and final questions

16.30 Finish

SDS In-House Training

How to Book



- Call us on 0870 241 7294 or e-mail us on info@skillsdevelopment.co.uk briefly outlining your needs and providing us with your full address and contact telephone number.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hours.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get “first hands” feedback on our new courses.



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