



Behavioral Health Education & Training Academy presents

# Solution Focused Brief Therapy for Children and Youth SERIES

## TRAINING INFORMATION

**Trainer:** Bethany Hansell, MFT

**Audience:** CYF-BHS therapists, counselors, family & youth support partners, case managers, and other direct service providers working with children, youth, and families

**Description:** Solution Focused Brief Therapy (SFBT) is a practical and highly effective method for working with individuals, groups, or families in agency settings and in Wraparound models. This training series will provide participants with the knowledge and skills to incorporate SFBT techniques into practice. Participants will learn evidence-based, time effective techniques to help clients and therapists discover inherent resources and develop lasting solutions, effectively stabilize intense and negative emotional states, and help clients and families maintain therapeutic gains. By completing this training series, you will be acquiring the skills and practice to provide effective Solution Focused Brief Therapy to the children, youth, and families you serve.

**Full course descriptions and learning objectives are listed on the second page.**

## TRAINING DATES & TIMES

**Training Location:** Academy for Professional Excellence  
6505 Alvarado Rd, Suite 205  
San Diego, CA 92120

<b>Training Name:</b>	<b>Date:</b>	<b>Time:</b>
<b>Overview</b>	Thursday, July 23, 2015	8:30am - 12:30pm
<b>Skills Training Day 1</b>	Thursday, July 30, 2015	8:30am - 4:30pm
<b>Skills Training Day 2</b>	Thursday, August 13, 2015	8:30am - 12:30pm
<b>Case Conference</b>	Thursday, September 10, 2015	8:30am - 12:30pm
<b>Group Consultation Call</b>	Thursday, October 1, 2015	9:00am - 10:00am

**Participants will receive 20 CE's upon completion of ALL training activities. No partial CE's will be given. Please arrange accordingly with your supervisors before enrolling in the series.**

**REGISTRATION:** If you already have an account, [click here](#) to register. If you do not already have an account in the LMS you will need to open an account. Please see [Creating an Account](#) on our website for more details. Email [BHETA@mail.sdsu.edu](mailto:BHETA@mail.sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.

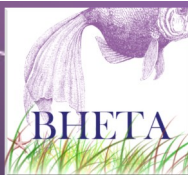
**CONTINUING EDUCATION:** This course meets the qualifications for 20 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0816, and CAADE Provider Number CP10-906-C0317 for 20 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy maintains responsibility for this program and its content.

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Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work





# Solution Focused Behavioral Therapy Series

## DESCRIPTION & LEARNING OBJECTIVES

### SFBT Overview

**Thursday, July 23, 2015 from 8:30am - 12:30pm**

This half-day workshop will provide an overview to the SFBT approach, highlight points of contrast with more traditional approaches, and review research supporting the efficacy of SFBT with children and their families.

Upon completion of this training, participants will be able to:

- Identify the principles of SFBT
- Discuss current research
- List benefits and limitations of SFBT
- Describe how this practice supports cultural competence and resiliency

### SFBT Skills

**Thursday, July 30, 2015 from 8:30am - 4:30pm & Thursday, August 13, 2015 from 8:30am - 12:30pm**

Prerequisite: Completion of SFBT Overview

This 1 ½ day skill development training will provide practical training using video demonstrations, vignettes, and interactive role plays. Participants will practice core SFBT skills and apply them to common problems.

Upon completion of this training, participants will be able to:

- Accurately assess if SFBT is a relevant/indicated intervention
- Demonstrate appropriate application of SFBT techniques with children, youth, and families
- Apply SFBT principles and methods across cultures
- Describe how to tailor techniques to meet the individual needs of children, youth, and families

### Case Conference

**Thursday, September 10, 2015 8:30am - 12:30pm**

Prerequisite: Completion of SFBT Overview & Skills Training

The case conference will provide participants an opportunity to hone their acquired SFBT skills. Participants will present cases for discussion. Here you will have the opportunity to discuss challenges and successes in providing SFBT. Discussions will lead to deepening your skills and overcoming difficult situations.

Upon completion of this training, participants will be able to:

- Address common stumbling blocks/challenges
- Tailor interactions to meet the needs of the clients where they are
- Incorporate solution focused language in treatment plans

### Group Consultation

**Thursday, October 1, 2015, 9:00am - 10:00am, 1 hour Teleconference**

Are there unique situations you would like to discuss with a colleague? Do you have a population-specific concern or do you just need to bounce an idea off an expert? This 1 hour teleconference will provide you with the opportunity to share successes, overcome barriers, and develop a peer consultation group.

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