



# Solution Focused Brief Therapy for Children and Youth Series

(Course Code: BH0094 )

## OVERVIEW

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 people receiving BHS services discover inherent resources, develop lasting solutions, effectively stabilize intense and negative emotional states and 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.

Click [here](#) to see the training outline.

### LOCATION

Academy for Professional Excellence  
6367 Alvarado Court; Suite 105  
San Diego, CA 92120



### Trainer

[Bethany Hansell Cardillo, LMFT](#)



### Audience

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

## TRAINING

## DATE

## TIME

Overview	Thursday, September 13, 2018	8:30 AM - 12:30 PM
Skills Training Day 1	Thursday, September 27, 2018	8:30 AM - 4:30 PM
Skills Training Day 2	Thursday, October 11, 2018	8:30 AM - 12:30 PM
Case Conference	Thursday, November 8, 2018	8:30 AM - 12:30 PM
Group Consultation Call	Thursday, November 29, 2018	9:00 AM - 10:00 AM

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

**Registration** If you already have an account, you may search for the course by name or course code. [Click here](#) to log into the LMS . If you do not already have an account in the LMS you will need to open an account. Please [click here](#) to request an LMS account. Email [BHETA@sdsu.edu](mailto:BHETA@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 LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-CH0320 for **20** contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



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





# SFBT for Children and Youth Training Series

## DESCRIPTION & LEARNING OBJECTIVES

### SFBT Overview

**Thursday, September 13, 2018 from 8:30 AM - 12:30 PM**

Day 1 of this 4-part series, is a half-day workshop which 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:

- 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, September 27, 2018 from 8:30 AM - 4:30 PM & Thursday, October 11, 2017 from 8:30 AM- 12:30 PM**

Day 2 and 3 of this series are a full-day and a half-day skill development training which 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 these training days, 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

### SFBT Case Conference

**Thursday, November 8, 2018 from 8:30 AM- 12:30 PM**

Day 4 of this series is a half-day case conference which 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 person receiving services where they are
- Incorporate solution focused language in treatment plans

### SFBT Group Consultation

**Thursday, November 29, 2018 from 9:00 AM - 10:00 AM, 1 Hour Teleconference**

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



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