

# Solution Focused Brief Therapy Training Series

## Day 1 – Overview Training Agenda

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8:30 – 8:45	Welcome/Introductions
8:45 – 10:00	Background Definition Research
10:00 – 10:15	BREAK
10:15 – 11:00	8 Principles
11:00 – 12:15	Provider Qualities Assumptions when working with parents and children SFBT in Action
12:15 – 12:30	Wrap Up/Homework

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## Day 2 – Skills Training Agenda

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8:30 – 9:00	Welcome/Review
9:00 – 10:15	Introduction to Skills Finding Strengths Compliments
10:15 – 10:30	BREAK
10:30 – 12:00	Exception/Solution Questions Miracle Questions
12:00-1:00	LUNCH
1:00 – 2:30	Scaling Questions Coping Questions
2:30-2:45	BREAK
2:45 – 4:15	Experiments/Homework 2 <sup>nd</sup> Session and Beyond
4:15- 4:30	Wrap Up/Homework

# Solution Focused Brief Therapy Training Series

## Day 3 – Skills Training Agenda

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8:30 – 8:50	Welcome/Review
8:50 – 10:15	Specific Populations <ul style="list-style-type: none"><li>• Adolescents</li><li>• Substance Use</li></ul>
10:15 – 10:30	BREAK
10:30 – 11:15	Specific Populations <ul style="list-style-type: none"><li>• Self-Harm and Suicidal Ideation</li><li>• Trauma</li></ul>
11:15 – 12:20	Client Plans
12:20 – 12:30	Wrap Up/Homework