

Solution-Focused Brief Therapy (SFBT) Training Series for Adults

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Learning Objectives

1. Describe the social and historical context from which SFBT has developed to its current location.
2. Explain the underlying philosophical principles of SFBT
3. Apply SFBT with a multicultural, trauma-informed, and recovery-oriented lens
4. Demonstrate key SFBT theoretical tenets and associated practices.
5. Use SFBT assessment tools to develop a treatment plan to support the unique needs of families/individuals and assess for “fit”.
6. Tailor interactions to meet the needs of the person receiving services where they are
7. Address common stumbling blocks and challenges.

Time

Activity

SFBT Overview

8:30 am – 9:00 am	Introductions and Objectives
9:30 am – 11:00 am	Social Constructionism/Post-modernism discussion
11:00 am – 11:15 am	Break
11:15 am -12:00pm	Activity: “Thinking FROM a modernist (non-SFBT) context vs a constructionist (SFBT) perspective”
12:00 pm- 12:30 pm	Questions/Discussion – “What is still unclear?”

SFBT Skills Day 1

8:30 am – 9:00 am	Checking in/Objective sharing
9:30 am – 10:30 am	SFBT Theoretical tenets and practices discussion
10:30 am – 10:45 am	Break
10:45 am -12:00 pm	Skills Practice & Discussion
12:00 pm – 1:00 pm	Lunch
1:00 pm – 3:00 pm	SFBT Video + Discussion
3:00 pm- 4:00 pm	Group Activity – Case vignette + treatment plan development
4:00 pm – 4:30 pm	Question and Discussion

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SFBT Skills Day 2: Application of Skills across Diverse Populations

8:30 am – 10:00 am	Cultural Competency and applying SFBT across cultures discussion
10:00 am – 10:15 am	Break
10:15 am - 11:00 am	Translating SFBT to country standards
11:00 pm- 12:00 pm	Skills Practice
12:00 pm- 12:30 pm	Wrap up/Questions and Discussion