Solution-Focused Brief Therapy (SFBT) Training Series for Adults
Navid Zamani M.S., LMFT

**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 -12:00 pm: 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