

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

Navid Zamani M.S., LMFT

SFBT Overview – 10/21/19

8:30 am-4:30PM

Learning Outcomes:

1. List the underlying philosophical principles of SFBT.
2. Describe the social and historical context from which SFBT has developed.
3. Describe the connections between philosophical tenets and theoretical applications in SFBT.
4. Discuss current research related to SFBT.

Agenda

8:00 am – 8:30 am	Sign-in's, Pre-test, networking
8:30 am – 9:30 am	Introductions and "settling into learning"
9:30 am – 11:00 am	Social Constructionism/Post-modernism discussion
11:00 am – 11:15 am	Break
11:15 am – 12:30 pm	Social Constructionism/Post-modernism discussion (cont'd)
12:30 pm – 1:30 pm	Lunch
1:30 pm – 2:00 pm	Checking in on learnings
2:00 pm – 3:00 pm	Activity: "Thinking FROM different a modernist (non-SFBT) context vs a constructionist (SFBT) perspective" – Using play to demonstrate thinking
3:00 pm – 4:15 pm	SFBT Theoretical Tenets and their Practices
4:15 pm – 4:30 pm	Questions/Discussion – "What is still unclear?"

SFBT Skills Application – 11/4/19

8:30 am – 12:30 PM

Learning Outcomes:

1. Demonstrate key SFBT theoretical tenets and their associated practices.
2. Utilize SFBT assessment tools to develop a treatment plan to support unique needs of the individual you're working with.
3. List benefits and limitations of SFBT

Agenda

8:30 am – 9:00 am	Checking in/Objective sharing
9:00 am – 10:30 am	SFBT Theoretical tenets and practices discussion (cont'd from last time)

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10:30 am - 10:45 am	Break
10:45 am - 12:00 pm	Skills Practice & Discussion
12:00 pm - 12:30 pm	Questions and Wrap-up Discussion

SFBT Skills Practice –12/2/2019

8:30 am – 12:30 PM

Learning Outcomes:

1. Incorporate SFBT into current counseling practice.
2. Link practice to philosophical tenets.
3. Identify cultural considerations when applying SFBT.
4. Identify fit when considering SFBT as an appropriate treatment.

Agenda

8:30 am – 9:00 am	Check in - What has stood out? What have you used or noticed in your practice so far? What doesn't make sense still?
9:00 am – 9:30 am	Review Discrete practices Whiteboard some of the practices, and possible questions. <ul style="list-style-type: none">o Deconstruction – getting to know the problemo Exceptionso Asking about problem within process/interactionso Using Delimitso Identifying resourceso Scaling questiono Miracle questiono Asking about physiology
9:30 am – 10:30 am	SFBT Video + Discussion – A Case Conceptualization
10:30 am - 10:45 am	Break
10:45 am – 12:00 pm	Skills practice
12:00 pm – 12:30 pm	Wrap up/ Questions & Discussions

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SFBT In-person Case Consultation – 1/13/20

8:30 am – 12:30 pm

Agenda

8:30 am – 9:00 am

Checking in

9:00 am – 10:30 am

SFBT Video + Discussion

10:30am - 10:45 am

Break

10:45 am– 12:00 pm

Case Vignette and Treatment planning

12:00 pm – 12:30 pm

Questions and Wrap-up Discussion

SFBT Remote Case Consultation – 2/3/20

10:00 am – 12:00 pm

2-hour teleconference on Zoom, details shared in class.