



Solution Focused Practice

Next Course
16th & 17th January 2007

The Vassall Centre
Gill Avenue, Bristol, BS16 2QQ

Access requirements please call the Vassall Centre: 0117 9659630

An Introduction to
Solution Focused Practice

Solution Focused Practice

To find out more about this course and to discuss your requirements,
please call Rob Black: **07904 183754**
or email: rob.black@solution-focused-practice.co.uk

Solution Focused Practice
www.solution-focused-practice.co.uk

2-Day Course

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Solution Focused Practice

An Introduction to Solution Focused Practice

This 2-day course provides an excellent introduction to Solution Focused work with children and families. Beginning with an overview of the approach, participants will be taken through its various elements in detail.

A range of teaching methods will be used, with a particular focus on experiential exercises, in pairs and small groups, and modeling via video extracts of the teachers own practice. Participants will be provided with a comprehensive work booklet and reading list. There will be ample space for discussion of issues, both practice and theory related, as well as case studies.

This is a 2-day course. £250 per person

Lunch and morning tea & coffee included

(Please confirm dietary requirements 1 week in advance)

2-Day Course

The course is designed for a multi-disciplinary audience of staff who work directly with children, young people and their families.

Learning Outcomes

- To introduce the basic principles and techniques of solution focused practice
- To provide opportunities to discuss the principles and practise some of the techniques
- To give participants an understanding of the overall approach
- To enable participants to introduce solution-focused skills into their everyday practice

The Solution Focused approach

Solution-Focused Brief Therapy (SFBT) is a short-term goal-focused therapeutic approach, which helps clients change by constructing solutions rather than dwelling on problems.

Elements of the desired solution often are already present in the client's life, and become the basis for ongoing change.

SFBT was developed by Steve de Shazer, Insoo Kim Berg, and the team at the Brief Family Therapy Centre of Milwaukee, Wisconsin, in the mid-1980's.

Although the solution-focused approach began twenty years ago as a model of therapy, it is now being widely applied across health, social care and educational settings. It is in fact relevant in any situation where change is desired, in groups, organisations and communities as well as for individuals. One of its great strengths is its conceptual simplicity.

SF practice occurs in an increasingly wide range of contexts including Health, Social Services, Education, and Organizational work.

SF practice is becoming increasingly recognised as a benchmark of good practice by the Department of Health and other UK Governmental Bodies.