

Brief Solution Focussed Therapy (3 days)

Thursday 23rd & Friday 24th April
Monday 1st June

9.30am – 4.30pm, MWB Regent Street

Target group: Any Personal Advisers or relevant IYSS & TYS Staff who are working with young people to assist in building coping strategies; progressing towards recovery or achieving change.

About BSFT: BSFT or the 'Solution Focused Approach' is a practical, enabling method which allows for new thinking and new actions with even the most resistant, "change-allergic", clients. The language of the approach encourages a move from the pathology of the problem towards possibilities for change. The young person is recognised as the expert of their past and current experiences and that expertise is utilised to identify goals and movement.

Course Aims: To develop a future-focused approach to helping young people which conveys a clear message that there can be hope and expectation for change despite the set-backs of the past

Learning Objectives:

- To develop a framework of collaborative, respectful interventions with clients by taking a collaborative rather than leadership role in the process of change.
- To increase expertise in asking useful questions, eliciting resources and strengths of the client as the basis of movement towards preferred futures.
- To increase questioning skills enabling client to identify their own goals in keeping with their own socio-economic, ethnic and individual culture.

Course methodology: The programme will cover all the main elements of solution focused brief therapy including:

- Meeting the person
- Identifying resources
- Defining a preferred future
- Eliciting what is already working
- Evaluating progress with scales
- Giving constructive feedback
- Offering suggestions
- Highlighting change

By the end of the course each participant should have a sufficient grounding to try out any of the techniques in their everyday work and with further reading and support to become, should they wish, a reasonably competent solution focused brief therapist. There will be a complete set of course notes provided for each participant.