

Solution Focused Brief Therapy: Focusing on the Focus

Presenters: Michael D. Reiter, Ph.D., LMFT

Ronald J. Chenail, Ph.D.

Webcast: Friday, November 20, 2015 at 9:00 am to 11:30 am

Course Overview: To develop an understanding of how the Solution Focused Brief Therapist shifts the focus of a session from the client's initial complaint focus to the unfocused focus—that of non-complaints and solutions.

Training Description

Solution Focused Brief Therapy (SFBT) has become one of the most popular therapeutic approaches within the last twenty years. While it seems the approach is mainly geared toward uncovering solutions, the real focus of the approach is on the focus—both the client's and the therapist's. This webcast will provide participants with an in-depth explanation of how SFBT therapists place their focus on the client's focus which helps shift the client's focus onto the therapist's focus—that of hope and solutions.

Learning Objectives

At the conclusion of this training, participants will be able to:

1. Articulate how the notion of focus in Solution Focused Brief Therapy plays out during a session.
2. Describe how the therapeutic techniques of Solution Focused Brief Therapy utilize the client's focus to merge with the therapist's focus to reach a new and therapeutic focus.
3. Explain how a therapist's focus on the client's focus leads to a shift from complaints to non-complaints.

Format

Webcast

PowerPoint Webcast Presentation: 2 hours

Question and Answer Session: ½ hour

Continuing Education Units FOR FLORIDA STATE LICENSURES and Certificates of Attendance: 2.5 hour units

- NSU is approved by the Florida Department of Health as a provider of Continuing Education for Licensed Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors.
- Provider #: 50-11750 / Expires: 3/31/2017
- To receive CEUs or Certificates of Attendance: Evaluation forms must be filled out and returned to dftwebinars@nova.edu

Handout materials and evaluation forms will be emailed to registered participants upon registration through the BTI Webcast Library.

<http://cahss.nova.edu/familytherapywebinar/index.html>

About the Trainer

Michael D. Reiter, Ph.D., LMFT, is a licensed Marriage and Family Therapist, Clinical Fellow of the American Association of Family Therapists (AAMFT), and a state and AAMFT Approved Supervisor. Currently, Michael is Professor of Family Therapy at Nova Southeastern University. He has written four textbooks on therapy and family therapy and has written many journal articles and book chapters on

Solution-Focused Brief Therapy. Michael was able to obtain training from Insoo Kim Berg and Steve de Shazer, the founders of Solution Focused Brief Therapy, and has provided Solution-Focused Brief Therapy trainings and conference presentations nationally and internationally.

Ronald J. Chenail, Ph.D., is Associate Provost and Professor of Family Therapy at Nova Southeastern University (NSU). Since 1990, he has published over 120 publications including five books and given over 180 formal academic presentations at conferences and meetings. He also served as Editor-in-Chief of the *Journal of Marital and Family Therapy (JMFT)*, the flagship research journal of the American Association for Marriage and Family Therapy (AAMFT). In addition he is an editorial board member of *Qualitative Research in Psychology, American Journal of Family Therapy, Contemporary Family Therapy, Qualitative Social Work; Counselling, Psychotherapy, and Health, JMFT, and Sistemas Familiares*.