

Hope-Focused Solutions

Presenter: Jenna Wilson, Ph.D., LMFT

With: Arlene Brett Gordon, Ph.D., LMFT

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Course Overview: Despite its importance in Solution-Focused Brief Therapy, how SFBT therapists build hope in the solution-building process is often unexplored in training. To remedy this shortcoming, I will discuss how the hope-building process is in relationship to solution-building. Utilizing the SFBT listen, select, and build processes, participants will gain an understanding of how hope-focused solutions are built between therapist and client while progressing within and across the five SFBT solution-building stages. This approach to hope-building in SFBT is based upon qualitative research of videos and transcripts of SFBT co-creator Insoo Kim Berg's published cases.

Training Description

Hope-building is in relationship to solution-building in SFBT. Participants will learn how the SFBT tenets are hopeful in nature. Participants will better understand how the SFBT therapist maintains a consistently hopeful stance. Participants will discover how a hopeful posture is likely to result in a positive therapeutic relationship, clients becoming more committed and motivated to the therapeutic process, and allows clients to recognize their own capabilities. Participants will be able to demonstrate SFBT processes and techniques to build hope-focused solutions with individuals, couples, and families in their own work.

Learning Objectives

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

1. understand how the basic tenets of SFBT are hopeful, which can inform their stance as a SFBT therapist.
2. utilize solution-focused processes and techniques to build hope-focused solutions.
3. incorporate how hope is built within and across the five SFBT solution-building stages in clinical practice.

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.
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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

Jenna Wilson, Ph.D., LMFT is a Licensed Marriage and Family Therapist in Florida. She is an AAMFT Approved Supervisor. Jenna has years of experience working clinically from a systemic, strength-based, hope-focused solutions approach with individuals, couples, families, and groups. Wilson's experience presenting workshops, trainings, and posters at international, national, state, and local conferences including topics on instilling hope with families in collaborative divorce, building hope with substance misuse, her pilot study findings about the relational view of building hopefulness with individuals, couples, and families, and hope-focused solutions utilizing the solution-building stages in SFBT.