

Solution Focused Brief Therapy: Miracles, Goals, and Action Plans

Presenter: Michael Rolleston, M.S.

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

Webinar: Friday, November 13, 2015 at 9:00 am to 11:30 am

Course Overview: To expand the possibilities for practitioners when it comes to exploring client miracles, developing client-referenced goals, and detailing out their action plans.

Training Description

Solution-Focused Brief Therapy is a strength-based approach that focuses on the development of client-referenced goals and the client's progression toward their goals. This training is designed to outline how conversations can, and should, be tailored specific to each client, particularly when discussing miracles, goals, and action plans. Participants will review the principles of Solution-Focused Brief Therapy and explore ways of incorporating SFBT skills through the important utilization of client language, client context, and the client-therapist relationship. The participants will also have an opportunity to learn how SFBT skills can be used to promote a solution-focused posture in the people they work with.

Learning Objectives

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

1. understand and incorporate the basic principles of SFBT into their clinical practice
2. utilize a solution-focused posture during goal creation and action plan development
3. incorporate solution-focused strategies, such as the Miracle Question, in unique (client-specific) ways to elicit goal development and promote solution-focused tendencies

Format

Webinar

PowerPoint Webcam 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 Rolleston, M.S., is currently pursuing his doctoral degree in Family Therapy at Nova Southeastern University. He completed his master's degree in Family Therapy in the summer of 2013 at

NSU. He is a Pre-Clinical Fellow of the Association of Marriage and Family Therapy (AAMFT) and is currently working toward his AAMFT Approved Supervisor credential and Marriage and Family Therapy license in the state of Florida. Michael is trained in SFBT and has been working closely with Dr. Arlene Brett Gordon since 2012. His clinical work incorporates a client-centered style of therapy and focuses on clients' goals, strengths, and resources. Michael currently works with most of his clients in the Family Therapy Clinic at NSU's Brief Therapy Institute, where he is also a Graduate Assistant. He has recently collaborated on a number of SFBT workshops and presentations at the local, national, and international levels.

Arlene Brett Gordon, 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, Arlene is the director of the Brief Therapy Institute (BTI), which includes Nova Southeastern University's Family Therapy Clinic that provides counseling to individuals, couples, and families. She is adjunct faculty for NSU's Department of Family Therapy.

In 1991, Arlene was introduced to Insoo Kim Berg and Steve de Shazer, the founders of Solution Focused Brief Therapy, and worked directly with Insoo until her death in 2007. In 1993, she developed Families Facing Solutions to train practitioners working directly with families. Arlene continues to provide Solution-Focused Brief Therapy trainings, conference presentations and consultations nationally.