

Solution Focused Brief Therapy: Clients Facing Diverse Challenges

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

With: Michael Rolleston, M.S.

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Couse Overview: Build On Your Existing SFBT Skills

Solution Focused Brief Therapy (SFBT), developed by Steve de Shazer and Insoo Kim Berg, is an evidence-based practice which focuses on clients' inherent strengths and competencies, helping them discover solutions to their challenges instead of focusing on the problems they are currently facing. This future focused, goal-directed intervention is effective because clients experience their own ability to make positive changes efficiently.

Participants will review the principles of Solution Focused Brief Therapy and incorporate SFBT skills to provide effective interventions in their work with individuals, couples and families. In addition, participants will learn how to incorporate SFBT strategies with diverse challenges such as:

1. Substance Abuse
2. Trauma: Chronic and Acute
3. Grief and Loss

Topics include:

- Joining tools to apply when working with diverse clients.
- Skill-building in maintaining a solution-focused lens.
- Skills for goal negotiation with clients with diverse goal.

Learning Objectives

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

1. Reinforce their knowledge of the basic components to Solution Focused Brief Therapy.
2. Learn how to apply SFBT strategies with clients living with diverse challenges.
3. Learn how to recognize the clients' utilization of their existing strengths, abilities and other resources.

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

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.