

### **Solution Focused Brief Therapy 101**

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

With: Jenna Wilson, Ph.D., LMFT

**Webcast broadcasted on: March 13, 2015**

#### **Couse Overview:**

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.

This workshop, Solution Focused Brief Therapy 101, is an interactive webinar translation of solution-focused, systemic theory into practical application. Participants will be able to apply specific SFBT interviewing tools to engage clients by utilizing strength-based, collaborative interventions directly with clients, client-families and other community providers.

#### **Learning Objectives**

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

1. Understand the basic tenets of Solution Focused Brief Therapy
2. Incorporate the basic principles of SFBT into their clinical practice
3. Apply solution-focused strategies and practices in their work with families living with diverse challenges.

#### **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](mailto: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.