

## COUNSELLING & CLIENT WORK COURSES

# SOLUTION-FOCUSSED BRIEF THERAPY (SFBT)

### Course overview

This training program will improve participants' knowledge, skills and confidence in all aspects of Solution-Focused Brief Therapy (SFBT) interventions, and the application of this approach to a range of client issues and worker roles.

### Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

**DURATION:** 1 Day

**FEE:** Varies depending on venue, sector, numbers & service provided

**IN-HOUSE TRAINING:** By arrangement with your organisation

**CUSTOMISED TRAINING:** To meet the specific requirements of your service and sector

**VENUE:** Available Australia-wide including all remote & regional areas

Discounts for NGOs

### Course content

- The evidence-base for this approach and recommendations on the practical application of SFBT to a broad range of client issues, workplace settings and roles.
- The theory, practice, underlying principles and techniques of SFBT.
- The framework of the SFBT process, the nature of the counselling relationship and the counsellor qualities and values required to undertake SFBT.
- The assumptions, strengths and limitations of the SFBT approach.
- Strategies to assist clients to change and construct solutions rather than dwelling on problems.
- Strategies to help clients articulate how they want things to be different in the future, to establish and elaborate on clear goals and to identify what it will take to make change happen.
- Strategies to focus on, and utilise client strengths and resources to 'own' and facilitate change, and to 'shift' the client towards self-responsibility and action.
- Explore and practice 'solution-building' techniques specific to SFBT, such as: solution-focused questions; the miracle question; exceptions to the problem; scaling questions; relationship questions; coping questions; good reason questions.
- Applying this approach effectively with 'resistant', or mandated / involuntary clients.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

### Contact us for an obligation free quote!

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