

## **2010 CONFERENCE ON SOLUTION-FOCUSED PRACTICES: REFINING THE ART**

November 17-22

Banff, Alberta, Canada

### **Conference Schedule & Program**

Welcome to the SFBTA's 8<sup>th</sup> annual conference. Following is the conference schedule and program of plenary sessions, workshops, poster sessions, and special events. The program is subject to change and will be updated on the SFBTA website.

#### **PRE-CONFERENCE:**

##### **Wednesday, November 17<sup>th</sup>, 2010**

8:00 a.m. – 9:00 a.m.                      Registration/Continental Breakfast

9:00 a.m. – 4:00 p.m.                      *Training for Trainers and Supervisors* (Day One): Lance Taylor and Martina Maclean

This two-day workshop is intended for those who have completed basic training in SFBT, who are utilizing the approach in their own practices and who want to build their skills for teaching the model to others. We will also explore the application of the model in supervision. There will be a combination of presentation, demonstration, discussion, and practice.

10:15 a.m. – 10:45 a.m.                      Break/Refreshments

11:45 a.m. – 1:15 p.m.                      Lunch (as part of workshop fee)

2:30 p.m. – 2:45 p.m.                      Break/Refreshments

##### **Thursday, November 18:**

8:00 a.m. – 9:00 a.m.                      Registration/Continental Breakfast

9:00 a.m. – 4:00 p.m.                      *Training for Trainers and Supervisors* (Day Two)

9:00 a.m. – 4:00 p.m.                      *Solution-Focused Brief Therapy 101: “An Introduction to Solution-Focused Brief Therapy”* : Peter De Jong and Christopher Richmond

For those who want to learn the basics of Solution-Focused Brief Therapy, the SFBTA is sponsoring this intensive workshop provided by experienced SFBTA clinicians, researchers, trainers, and writers. This workshop is intended for those who have little or no prior solution-focused experience or training and who want to learn the philosophy, assumptions, and fundamentals of the approach so that they can better enjoy the conference. Expect a mix of presentation, discussion, and practicing solution-focused skills.

7:00-7:45 a.m.                      **Yoga Lite**      Mark Mitchell

Join us for this sfbta tradition of easy stretching, breathing, and friendship. Mark Mitchell, teacher/student, will help us in co-creating the small miracles of our bodies that was once practiced by Insoo. Free surprise gift for attendees. ☺

9:00 a.m. – 4:00 p.m.                      ***Solution-Focused Brief Therapy 201: Addressing Habits and Creating Positive Addictions: A Solution-Focused Approach***: Yvonne Dolan and Teri Pichot

Habits come in all forms; substance dependence, problematic gambling, overeating, procrastinating. Solution-Focused Brief Therapy takes a different, more empowering, stance to addressing habits and addictions. This workshop will explore what works and how we can effectively work with clients to transform these behaviours. Join us for a day of discussion, role play, and learning.

9:00 a.m. – 4:00 p.m.                      ***Researchers Meeting: Bridging the Gap between Solution-Focused Research and Solution-Focused Practice***: Sara Smock and Johnny Kim

We would like to invite everyone to spend the day talking about several topics pertaining to SFBT research and practice, and focusing on ways the two areas can be more collaborative. The research meeting will consist of presentations by students and SFBTA Research Committee members on the latest process and outcome research and an update on the current status of the empirical base on SFBT. Breakout group discussion will also provide an opportunity to discuss the current challenges of linking SFBT research and practice. Various research materials and resources will also be provided for attendees.

10:15 a.m. – 10:45 a.m.                      Break/Refreshments

11:45 a.m. – 1:15 p.m.                      Lunch (as part of workshop fees)

2:30 p.m. – 2:45 p.m.                      Break/Refreshments

## **MAIN CONFERENCE:**

### **Friday, November 19, 2010:**

7:00 a.m. – 7:45 a.m.                      **Yoga** with Mark Mitchell

What a great way to start the conference. An adjunct to that first cup of coffee to start your day. Mark is an experienced Yoga practitioner and teacher. This session is designed for beginners. If you've never tried Yoga, now is a good time to experience this age-old practice. Who knows, you might get hooked!

7:30 a.m. – 8:30 a.m. Registration/ Breakfast

8:30 a.m. – 9:00 a.m. **Welcome:** Lance Taylor, President SFBTA  
Welcome from the Sponsoring Organizations  
Introduction of the Conference Chair and committee  
Introduction of the Program Chair and committee  
Introduction of the Plenary Speaker:

9:00 a.m. – 10:15 a.m. **Opening Plenary: *What is Different about SFBT?*: Peter de Jong and Jan Bavelas**

While all therapies engage clients in a co-constructive conversational process, our microanalysis research is showing that SFBT invites clients to co-construct a very different version of themselves and their situations than do CBT or MI. This plenary will present the theoretical and experimental basis for the co-constructive nature of all therapeutic dialogues, show how microanalysis is making co-construction observable, and demonstrate the roles of grounding and formulations in co-construction. We will finish with an opportunity for the audience to try their hand at co-constructing different therapeutic versions from the same client contributions.

10:15 a.m. – 10:45 a.m. Break/Refreshments

10:45 a.m. – 12:00 noon **Workshop Session 1**

(1a) ***Discovering Conditions That Nurture Natural Change as a Foundation of Goal Development in Solution-Focused Brief Therapy:*** Mo Yee Lee, Adriana Uken, and John Sebold

**A** This workshop will provide a step-by-step demonstration of goal development, explore conditions that nurture natural change in people as a foundation to developing goals, and present an empirical study of the specific goal content developed by participants of a solution-focused group treatment program of domestic violence offenders.

(1b) ***Building Solutions in Couple Therapy:*** Elliott Connie

**A** In this workshop, interactive exercises, videos, and demonstrations will be utilized to show how SFBT can be used in couple therapy. Attendees of this workshop will have a better understanding of the tenets and assumptions of the SFT approach and an increased ability to ask SF questions in sessions.

(1c) ***Exceptions, Solutions, and Play With Children in Therapy:*** Pamela King

**A** This interactive workshop will explore ways of being with children and families that are helpful, playful, and solution oriented. Through discussion, video, role-play, and

collaboration, participants will explore ways children use their gifts of creativity to solve their problems and amplify their own solutions.

(1d) ***Being Solution-Focused in Non-SF Places:*** Janet Bent, Joanne Rada

**B** Imagine that you have been to a conference and have heard some really amazing ideas and you go back to your workplace. What might be your first small steps to grow and share what you have learned? Come and listen to the experience of two Mental Health nurses who have been taking those small steps for the past seven years and are changing their world one conversation at a time.

(1e) ***What Does the Judge Need to See? Solution-focused Techniques in Family Law Cases:*** Denise Krause, Bernadette Hoppe

**IA** This workshop explores the use of solution-focused techniques in family law matters, including custody, visitation, and abuse/neglect. Solution-focused strategies are applied to attorney-client interactions, attorney-attorney conferencing, and communication with collateral sources. Special attention focuses on introducing solution-focused concepts in the broader legal context.

12:00 noon – 1:30 p.m. Lunch (as part of conference fees)

1:30 p.m. – 2:45 p.m. ***Workshop Session 2***

(2a) ***Variations on the Miracle Question:*** Ellen Quick

**A** Miracles grow in so many ways! This workshop explores the many ways we elicit views of a desired future. Sometimes we invite miracles, and sometimes we use other language, tailored to client strengths, perspectives, and settings. Let's brainstorm and share our variations on the miracle question.

(2b) ***Creating Solutions: A Solution-focused Single-session Therapy Group:*** Jas Badesha and Chloe Cole

**A** The Red Deer Brief Therapy team started a solution focused, single-session, process-oriented group for clients accessing our services. This workshop will provide information on implementation and service delivery. A discussion about what has been learned from this endeavour will be facilitated.

(2c) ***Solidifying Change: Scaling in Art Therapy:*** Justine LaBatch

**IA** Together we will explore the use of art therapy with scaling to help clients measure and facilitate change. In this workshop, you will learn step-by-step how to use 3-D materials while you are facilitating scaling with clients. This is a hands-on workshop and sure to be fun!

(2d) ***Solution-focused Organizational and Community Development:*** Monica Rotner

A This workshop will combine a presentation and discussion to facilitate conversation, and share strategies for utilizing solution-focused tenets in planning, developing, and implementing organizational change and/or community change projects.

(2e) ***Sustainability of a Solution Focused School: A Follow-up with Garza High School:*** Cynthia Franklin and Katherine L. Montgomery

A Almost a decade ago, Garza high School chose to become a solution-focused school. The purpose of this workshop is to understand the extent to which Garza High School has sustained its solution-focused approach and to explore the solution-focused interventions implemented that have helped the school sustain its solution-focused practices.

2:45 p.m. – 3:15 p.m. Break/Refreshments

3:15 p.m. – 4:30 p.m. ***Workshop Session 3***

(3a) ***What's Better?:*** Janet Wilson

A Second and subsequent sessions in solution-focused therapy typically open with the question, 'what's better?' What is the intent of this question and how do solution-focused therapists use it to shape the session? Attend this workshop for an interactive and practical exploration of the 'what's better?' question.

(3b) ***Powerful Applications of the Solution-focused Approach: Building a High Performance Team:*** Hae Sun Moon

A Counselors, teachers, coaches, and managers may benefit from learning how the solution-focused approach can be utilized to enhance team performance and leadership. Using case examples, in-session exercises, and take-home training tools, this session will introduce you to a solution-focused team approach.

(3c) ***How are Solution Focus and Positive Psychology Linked?:*** Fredrike Bannink

A In this didactic and experiential workshop, I will explore with you the relationship between positive psychology and solution focus. I will introduce some "family members" of positive psychology and explore with you how its elements are similar to and different from solution focus, helping us to both understand better and how to use elements of positive psychology to enhance solution-focused work.

(3d) ***Starting a Solution-focused Brief Therapy Program in a Community Mental Health Clinic:*** Phillip Wright, Chloe Fordon, Jas Badesha

**A** In 2007, the Red Deer Brief Therapy program was conceived and launched. It was a program rooted in Solution Focused Brief Therapy. Since its inception it has grown significantly and much has been learned.

(3e) ***Solution-focused Therapy Undercover:*** Cynthia Hansen

**A** Solution Focused Therapists working in large systems have developed many strategies to co-construct a preferred future, highlight exceptions and pre-session change, and scale progress without naming them "SFBT." This workshop will investigate how others in an organization might know that a solution focused therapist is in their midst without being told, and what difference it makes.

6:00-7:00 p.m. **Wine and cheese reception and poster presentation**

7:00 p.m. – 10:00 p.m. **8th Annual SFBTA Conference Banquet**

Join us Friday evening for a Solution Focused FUN-RAISING! The evening activities include a generous dinner buffet, conversation, and fun.

### **Saturday, November 20:**

7:00 a.m. – 7:45 a.m. **Yoga:** Mark Mitchell

[See Friday, November 19.]

8:00 a.m. – 9:00 a.m. Registration/Continental Breakfast

9:00 a.m. – 10:15 a.m. ***Workshop Session 4***

(4a) ***Creating Possibilities Through Intentional Conversation:*** Michael Coffman and Jonathan Cline

**I** This workshop will draw attention to the salient elements of meaningful therapeutic conversation. Presented in this workshop is an expansion of co-creating conversational frames and how to identify client conversation to intentionally dialogue down different pathways to elicit desired change with the client.

(4b) ***Giving Your Attitude a Nip and Tuck: Helping Teams Stay Positive in the Midst of Uncertainty and Ambiguity:*** Brenda Zalter-Minden

**A** This experiential workshop will take participants through a process of re-connecting with their strengths and reconfirming strategies for staying positive in the midst of ambiguity. It is a fun solution-focused exercise that could be used in any work environment and

repeated with various teams.

- (4c) ***Integrating Solution-focused Techniques Into Trauma-informed Care:*** Denise Krause and Susan Green

**I** Solution-focused Brief Therapy and Trauma-informed Care (SFBT-TIC) offers an innovative approach to treatment. This workshop demonstrates how assuming a collaborative stance, viewing the client as expert, and employing solution focused techniques are used in work with trauma survivors to honor past pain and look towards future possibilities.

- (4d) ***The Verb Blurp:*** Nick Todd

**A** This presentation will review ways in which we can use the grammar of verbs within a brief therapy framework to help clients shift from the object position of feeling acted upon to the subject position of taking effective action with respect to the difficulties they are experiencing.

- (4e) ***When the Client Doesn't Follow the Script:*** Joel Simon

**I** An exercise in responding usefully to the unexpected.

10:15 a.m. – 10:45 a.m. Break/Refreshments

10:45 a.m. – 12:00 noon ***WORKSHOP SESSION 5***

- (5a) ***Solution-focused Trauma Treatment With War Refugees:*** Stephen Langer

**A** This workshop will present the protocol for solution-focused trauma treatment study of Serbian war refugees who carry a diagnosis of post-traumatic stress disorder. A solution-focused conceptualization of trauma treatment and its differentiation from other approaches will be included.

- (5b) ***The Consultation Style of Insoo Kim Berg, MSSW:*** Frank Thomas

**A** This session will focus on recurring themes and techniques utilized by Insoo in consultation and supervision contexts as found in SFBTA Archive video recordings. Insoo's personal approach and methods will be compared to solution-focused supervision and consultation literature. Audience discussion will be highly encouraged.

- (5c) ***Effectiveness of Treating Individuals With Severe Mental Illness Using Solution-focused Practices Within a Community Mental Health Agency:*** Ross Kremsdorf

**A** This workshop addresses how solution-focused principles operationalize "Recovery

Principles”; reports outcome results after long-term clients were transferred from medical model programs to a solution-focused treatment team, and discuss how the solution-focused approach offers an effective model for “transformative” practices within a mental health agency.

(5d) ***Breaking Barriers: New Options for Treatment in Intimate Partner Violence:*** Erin Musick-Neily, Dave Shirley, and John Thompson

A This workshop will introduce participants to the treatment program entitled *Accountability for Change*, a program for mandated participants who have been charged with a domestic violence related offense. Several components of SFBT are utilized in this program and these elements will be highlighted in this interactive and informative workshop.

(5e) ***Solution-focused Schools:*** Doug Anderson

A Participants will learn school-wide applications of solution-focused brief therapy. Specific and effective strategies will be taught including case examples for school applications that include teacher and parent consultation, meetings, functional behavior assessments, behavior management, and discipline. Basic tenets and research support for solution-focused approaches in the schools will be reviewed.

12:00 noon – 1:30 p.m. Lunch (as part of conference fees)

1:30 p.m. – 2:45 p.m. ***Closing Plenary: Key Lessons Learned***

2:45 p.m. – 3:15 p.m. Break/Refreshments

3:15 p.m. – 4:30 p.m. ***Closing Plenary:*** (Continued)

## **POST CONFERENCE:**

**Sunday, November 21:**

***How can I use microanalysis to be a better SF practitioner, trainer, teacher, or supervisor?***

A two-day Workshop with Janet Bavelas, Jennifer Gerwing, Sara Healing, and Christine Tomori  
Department of Psychology, University of Victoria

Day one: 9:00 a.m. – 4:00 p.m.

Communication is the basic tool of psychotherapy. Microanalysis is the moment-by-moment video analysis of actual communication, which makes the details of therapist-client interactions visible. The first day is an intensive hands-on introduction to microanalysis, using video examples from solution focused sessions, interactive discussions, and lots of practice with individual supervision.

**Monday, November 22: *How can I use microanalysis to be a better SF practitioner, trainer, teacher, or supervisor?***

Day two: 9:00 a.m. – 4:00 p.m.

The focus shifts more to the use of microanalysis in your own training, teaching, supervision, or practice. The emphasis will be on applying these new skills in your professional role. We continue to balance the presentation of new research information with demonstrations, video, interactive discussions, and practice.

The following codes indicate workshop tracks and apply to all Workshop Sessions although participants should feel free to attend any workshop:

**B** Beginner

**I** Intermediate to Advanced Exploration of Basic Solution-Focused Interventions/Principles

**A** All levels

**POSTER PRESENTATIONS** (prior to the banquet):

**1. *Can a therapist checklist enhance the consistency of single-session SFBT?*:**

Dina Bednar, Louise Oke, Geri Van Engen, Mark Fernades

We present a 15-point checklist for single session therapy that is intended to ensure that the session is strength-based, goal-focused and follows the principles of Solution Focused Therapy. Fifty therapist checklists were analyzed. Fourteen clinicians were surveyed to assess their experiences and satisfaction with the checklist.

**2. *Iraqi adaptations to war and migration:* Kasim Al-Mashat**

My research focuses on the well being of Iraqi's who lived through the war and have become refugees. I am looking at the ways in which they make sense of their stories that helps them adapt and cope with their experiences. Being certified as a Solution Focused Brief Therapist in Canada, I felt moved to take a SFBT approach in my research. Some of the key questions that I asked my participants was "what are your best hopes", which I learned from the BRIEF group in London. I also asked my participants "what is that you now need to help you move forward". This study will explore the stories and experiences of ten Iraqi refugees living in Jordan. Specifically, this research is interested in investigating the meaning they made of their experiences and how that in turn helped them cope with war and migration.

3. ***Solution-Focused Functional Behavior Assessment (FBA) Questions:*** Doug Anderson

This poster describes a solution-focused functional behavior assessment (FBA) interview format. Preliminary study data and behavioral outcomes will be shared from solution-focused FBAs compared to a traditional format. Participants will be able to identify potential benefits of solution-focused FBAs. A copy of the interview format will be shared.

4. ***The Study of the Impact of Solution-Focused Consultation on Teachers' Self-Efficacy in Taiwan:*** Wei-Su Hsu, Hsiu-Ju Chen, and So-Tyan Melody Sun

In Taiwan, SFBC has becoming a very popular working approach in school systems in these ten years. Researches integrating SFBC and consultant, especially teachers' consultant, are limited and worthy to be expanded. Hence, the purpose of this study is to examine the effect of Solution-Focused Consultation teachers' self-efficacy in Taiwan.

5. ***Developing the Learning Effectiveness Scale of Solution-focused Brief Therapy in Taiwan:*** Wei-Su Hsu, Shu-Hsuan Lin

In Taiwan, through conducting researches stated SFBT training programs obviously affected the values, beliefs, cognitive models of counselors and were significantly beneficial for their individual lives and professional work. However, most related researches adopted qualitative methods. That means the instruments to measure effectiveness of SFBT training programs are limited.

Considering applications and developments of SFBT, the purpose of this study was to develop a scale to quantitatively and effectively measure the effectiveness SFBT training programs.