

SFBTA 2004 Schedule

Thursday 9:00-4:00 (5.5 credits)

Solution Focused Brief Therapy 101: The Basics - Joel Simon, Teri Pichot, Sara Smock

This workshop is being presented for therapists and others who would like to learn the basics of Solution Focused Brief Therapy: its philosophical underpinnings, assumptions, key concepts, and key interventions.

Friday 9:15-12:00 (2.5 credits)

Plenary: Yvonne Dolan and Luc Isebaert: A Conversation - Yvonne Dolan, Luc Isebaert

A conversation with the founder of the Brugge model of treatment for problematic drinking.

Friday 1:45 - 3:00 pm (1.25 credits)

FA1 Our People Care Program - A Solution Focused Customer Service Program at Credit Valley Hospital, Canada - Brenda Zalter

"Excellence in patient care achieved through excellence in people care" is the motto behind the program entitled Our People Care at Credit Valley Hospital in Mississauga, Canada. We believe that all people in the hospital need to be cared for and this is achieved by adhering to the basic principles of the solution focused model. Staff work in groups and are asked what it is they are already doing that works. They have the opportunity to decide what needs to be improved and have buy in to make the changes through answering the miracle question. Staff notice small changes, complimenting each other and creating their own creative sustainability plans.

FA2 The Comparison of Intake Forms: Is it a Matter of Semantics? - Sara Smock

Participants will learn how the semantics of client intake forms (problem vs. solution-focused) affects the number of problems listed, interpretation of pre-session change, and other valuable clinical insights. Data from a clinical study will be presented and a discussion of findings will occur.

FA3 Solution Focused Group Therapy: Exploring Applications & Benefits of Group Work - Jetta Zellner & Laurie Ross

The session will focus on the use of solution-focused brief therapy in group

settings. Facilitators will share their experiences and engage session attendees in exploring the applications and benefits of solution-focused group work.

FA4 Back to the Basics: The Miracle Question - Joel Simon

How do you use the Miracle Question? What works? Participants are asked (actually the leader begged) to bring video taped vignettes of how the MQ is helpful.

Friday 3:15-4:30 pm (1.25 credits)

FB1 Animal Assisted Solution Focused Therapy - Teri Pichot and Marc Coulter

Participants will learn how to safely and credibly integrate a therapy dog into work with clients. National practice standards will be presented as well as the benefits to clients and the treatment environment.

FB2 Working on What Works (WOWW) - Seeking Solutions in School - Lee Shilts, Jodi Addlestone, Eden DuBois, Amy Herman, Margaret Shilts, Insoo Kim Berg

Solution-focused brief therapy offers much promise for helping professionals who are seeking a practical, pragmatic approach to intervention for school problems. With this backdrop, a project for New River Middle School began in the academic year of 2003-04. This workshop will describe the work of six teachers and one consultant working within the classroom setting applying solution-focused teaching strategies with a variety of students with varying exceptionalities and learning skills. Future plans for this project will also be discussed.

FB3 Opening Questions in SFBT - Janet Campbell and Lance Taylor

The first question asked in a SFBT session influences how the conversation proceeds toward solution building. Using videotapes of the beginnings of several solution focused sessions as a lead-in, our hope is to learn from each other what our clients have taught us about successful opening questions.

FB4 Listen and Describe - Solution-Focused Brief Practice with Clients and Trainees - Dan Gallagher

This workshop presents a way of having solution-focused brief therapy conversations based on client teaching and therapist questions. The presenter uses exercises that create conversation strategies with clients and workshop participants that resemble ways a solution-focused brief therapist and client work together in a session. By working this way, he is finding it is easier to keep the focus on what the client is doing that is telling the therapist, and therefore workshop participants, what is useful and not so useful in a session.

Friday 4:45 - 6:00 pm (1.25 credits; Night Owls)

FC1 Integrating Principles of Solution-Focused Therapy into Treatment with Adult Survivors of Childhood Victimization - Carolyn Knight

Therapy for adult survivors must maintain a simultaneous focus on long-term effects and present-day challenges, since these are interdependent and self-reinforcing. Solution-focused techniques help survivors achieve more control in their current lives, which, in turn, assists them in confronting and better managing deep-seated and overwhelming feelings and reactions about their victimization.

FC2 Serious Creativity in Supervision - Frank Thomas & Thorana Nelson

How do you create and sustain resourcefulness and imagination in supervision relationships? Can you imagine serious play as well as playful seriousness? Are there ways you inspire and entice in training? Therapist and Supervisor, come share your best - and discover the inner muse! Participants are encouraged to attend the Saturday morning supervision group.

FC3 Solution Focused Sex Therapy - Terry Trepper and Jennifer Yalowitz

This presentation will focus on using SFBT for the treatment of sexual dysfunctions and other sexual problems. A short outline of the history of treatments for sexual problems will be offered, followed by a discussion of related topics. Video examples will be shown.

FC4 Befriending Discomfort Ambivalence and Recurring Patterns: Including the Distress in the Solution - Ellen Quick

Unrealistically problem-free solution scenarios and expectations can result in criticism of solution-focused models. This presentation explores ways of including distress, ambivalence and recurring patterns in the solution. Participants will brainstorm how befriending problems can transform them into elegant solutions that balance acceptance and change.

Saturday 7:30-8:45 am (1.25 credits; Early Birds)

Back to the Basics: Scaling Questions - Joel Simon

The workshop will explore how scaling questions are useful. Participants are asked to bring video vignettes of how they use scaling.

Saturday 9:00-10:15 am (1.25 credits)

SA1 Solution-Focused Parenting: A Family-driven Outcome Study - Pamela Marques and Shradha Tibrewal

We're very excited about dialoguing with others about a solution-focused approach with families who are in the public child welfare system. We'll talk about an outcome informed solution-focused project we completed aimed at reunifying parents with their children who are in the State of California's custody.

SA2 Building Solutions in Schools - Cynthia Franklin, Laura Hopson, Johnny Kim, and Stephen Tripodi

Presenters will describe findings from a study comparing students from a solution-building school with similar students from a traditional high school. Findings suggest that solution-building techniques result in positive outcomes for at-risk students. The presenters will facilitate a discussion about using solution-focused techniques in schools.

SA3 Tailoring SFBT Questions for Supervisors, Teachers, and "Bosses" - Yvonne Dolan and Ursula Steiner

Participants will explore, design, and tailor SF questions to effectively measure and evaluate workers' progress towards goals while optimizing go-worker cooperation, enhance energy and motivation, and provide practical mechanism for correcting performance problems without "losing face." Resulting material will be available for publication, participants cited.

SA4 Solution Focused Supervision - Lance Taylor

This workshop focuses on using the model in supervision in contexts as different as clinical case consultation, team case conference, annual performance review, and disciplinary intervention are addressed. We will emphasize highlighting capability and kindling hope. Participants were invited to bring both competencies and questions and are encouraged to attend the solution focused supervision discussion on Friday afternoon.

Saturday 10:45-12:00 noon (1.25 credits)

SB1 Taking a Solution-Focused Approach to Self-Injury - Melissa Hemmestad Cronin

Schools, agencies, and parents are discovering more and more young people using self-injury as a way of coping. SFBT is an intervention that saves both time and money. It focuses on what the person who self-injures can do different while getting to the heart of the problem in a quick and efficient way.

SB2 Kid's Skills - Josee Lamarre

We will focus on how to develop children's skills for reaching their goals, using Ben Furman's SFT method to work with children and their families. Share the

experiences of clinicians using this method.

SB3 A Conversation with Steve de Shazer and Luc Isebaert

Come and enjoy a fascinating conversation about Solution Focused Brief Therapy with two distinguished leaders in the field.

SB4 Solution Focused Group Therapy - Mark Mitchell

This lecture/discussion will cover the best practices research on group therapy and how Solution Focused can compliment the group experience. Included will be differences & similarities of traditional group therapy with solution focused.

Saturday 2:00-5:00 pm (3 credits)

Final Plenary: Emotions and Solution Focused Brief Therapy - Steve de Shazer, Insoo Kim Berg, Yvonne Dolan, Eric McCollum

This plenary will present ideas of how emotions are used in Solution Focused Brief Therapy, responding to concerns that emotions have no part in the approach to therapy.

Special Acknowledgements

Jay Trenhaile, Program Chair

Conference Committee: Neal Sheeley, Teri Pichot, Sara Smock, Lee Shilts, Joel Simon, Shelley Clymer

Betsy Newman, USU Conference Consultant-extraordinaire

USU Marriage and Family Therapy Student Association

Volunteers Michelle Luckow, Amy Anderson, and Heather Brown

Vic Nelson, Recreation

Joel Simon, conference photographer

Kid's Skills - Josee Lamarre