

# SFT Essentials (Solution-Focused Therapy)

Positive, optimistic and powerful interventions with a proper theory base behind them.

A 3-day course for 6-15 people.

## Executive Summary:

Solution Focused therapy can seem a refreshingly easy therapy to conduct, and to be the recipient of. This is because many of its techniques capitalise on circuits in the brain that already exist. Utilising these, rather than trying to develop new circuits by discussion and experimentation, often achieves results that are rapid, fundamental, and stable.

This course therefore teaches the principles and practice of brief solution-focused therapy in a way that delegates can - and will want to - use with their own caseload.

## Who should attend?

Mainly professionals who see patients 1:1 and want to become acquainted with brief, solution-focused therapy in a way in which they can use it.

## The course covers:

- What is Brief, Solution-Focused Therapy? An examination of its background, history, definitions and current usage.
- How behaviours develop, and how they may become out of all proportion to the original cause, how this analysis can - paradoxically - be refreshing for both you and your clients.
- Finding a solvable problem; re-phrasing problems so it is possible to eventually solve them and choosing problems that the client is prepared to solve (and will still achieve the key purpose).
- How the solutions that clients adopt sometimes fuel the problem, and how to introduce new solutions.
- The changing of failing strategies. The paradox whereby some professionals will indulge in more rather than less of a failing strategy. Why they do this and how it can be reversed.
- The use of 'directives' and homework tasks. Why these are crucial in therapy and how to make them work to their best.
- The use of the Brief Therapy Assessment form and its application to your own clinical caseload.
- Re-framing the problem; seeing the problem in a different light can sometimes radically alter the way it appears. This

is a major method of helping clients to see their situation differently, and therefore to begin to act differently. Often shrouded in mystery, we de-mystify it and introduce a reliable method for producing 're-frames'.

- The use of anecdotes, parables and metaphor in therapy. How they partly relate to re-framing, why they work so effectively and how to generate them. The importance of visual re-frames.
- How to use exceptions in order to find solutions. The concept of a template for success.
- The miracle question, and other powerful questions to ask to generate solutions and exceptions to the normal rule.
- Developing a future focus; the two reasons why this is a key. How the future can be planned and how it can be achieved. The doubly-essential reasons for achieving this.
- Where to from here? How to capitalise on the course.

## What the course will do for you:

- You will know about Brief, Solution-Focused Therapy: what it is and is not.
- You will be able to fundamentally re-phrase problems so that they are not only solvable, but exciting to solve.
- You will understand why (for example) that the harder one looks for happiness the less happy one becomes, the more one tries to stop worrying the more worried one becomes, and so on.
- You will know better what to do with patients you are currently unable to make progress with.
- You will be able to agree out of session projects with your patients that have genuine usefulness for them.
- You will know about 're-framing', why so many people rave about it, and how to do it.
- You will know how to instantly 'dissolve' the resistance that some patients have about tackling their problems, and give them a framework that motivates and relaxes them.
- You will know why it is so important to spot 'problem-free' times and places, and how to utilise those.

Continued overleaf

To discuss or place an order call **0116 241 8331** or email **office@apt.ac**

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

APT, The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: office@apt.ac | Web: www.apt.ac

- You will be introduced to the miracle question and other powerful questions that move a person forward quickly.
- You will know how to give a person a sense of direction and hope for the future.
- You will know how to capitalise on what you have learned on the course.

#### Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **97%**



#### Written Feedback:

"The best and most relevant training course I've ever attended!"