

## **Solution Focused two-day Training**

Tuesday, December 13, 2011 and Thursday, January 12, 2012

9:00-4:00 (includes snacks and vegetarian lunch)

Location: 14 Newton Road, Sudbury, MA 01776

Presenter: Susan Tohn

### Description:

Solution Focused work is ideal for these challenging times as the model meets the client's needs in fewer sessions than traditional models and is applicable to a culturally diverse clientele. The techniques employed are non-judgmental and adhere to the "meet the client where they are" philosophy. Although not necessary, doing Solution Focused work is most exciting when using a "team" approach. Solution Focused Brief Therapy focuses on "change talk" not "problem talk" and is applicable to both the micro and macro levels of working with individuals, families, groups, managed behavioral healthcare organizations, and other organizations. Solution Focused therapy assumes people have their own resources and empowers them to create and realize their own solutions, while measuring progress along the journey. The model emphasizes strong rapport and active participation by both client and therapist.

Participants will learn a variety of interactional techniques that will enable clients to establish well-formed goals and maintain progress on those goals. The training will challenge participants to explore their assumptions about therapy and provide them with many hands-on techniques they will be able to incorporate immediately into their work. By the end of the two days, participants will understand and have practiced all the Solution Focused techniques so that they can immediately integrate the Solution Focused model into their clinical work, case management and supervision. The presenter has an exciting presenting style combining humor with the adult learning method while utilizing role plays, case examples, excellent handouts, and several videotaped sessions. The goal is for participants to leave with energy and enthusiasm for working with their clients, even those that are "difficult" and "resistant".

Fee: \$250 (checks payable to Solutions and mailed to 14 Newton Road, Sudbury, MA 01776).

\$200 per person for groups of 3 or more or students

### Registration Form:

Name:

Phone:

Address:

Email: