

Outline

What Distinguishes SFBT From Traditional Approaches

Key tenets, theory and evidence behind SFBT
 How important is the problem?
 Why assessment, diagnosis and treatment planning doesn't guide treatment
 "The details drive the change"
 The absence of symptomology v. the presence of what clients most desire
 What are the two most important words in SFBT?

Intentional Questions: The Strength Behind SFBT

Reframe questions as invitations
 How to build questions that:
 Lead to meaningful answers
 Create change that sticks
 Harness your client's strengths and resources
 Immediately replace resistance with buy-in
 Keep the client engaged throughout session
 Core SFBT questions:

Desired Outcome: Discover what clients want to be different in their lives
Resource Talk: Activate the client's strengths
Preferred Future: Elicit a detailed description of what the client wants
Scaling: Measure progress toward the desired outcomes
Coping Questions: Find positive resources even in difficult situations

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends
 There will be two 15-min breaks (mid-morning & mid-afternoon).
 Actual lunch and break start times are at the discretion of the speaker.
 A more detailed schedule is available upon request.

Inside a SFBT Session: Innovative, Practical Strategies from Start to Finish

Opening the Session
 Why your first few interactions are crucial
 How to elicit hope right away
 Key questions to instantly shift the client's perspective
 The Core of the Session
 Working with one problem at a time
 Strategies to build momentum toward the client's hoped for future
 Tolerating silence and using it as a valuable tool
 What to do when the client is focused on problems and symptoms
 Techniques to keep the client engaged and the session meaningful
 Closing the Session
 Specific strategies for effective session closure
 Increase likelihood of between-session work

Video case examples: See each step in action!

SFBT Across Settings and Populations

School-based SFBT
 Group therapy
 Children, adolescents and families
 Couples
 Addictions, trauma and severe mental illness
 Multicultural factors
 Ethical considerations
 Limitations of the research and potential risks

Target Audience:

Counselors • Social Workers • Psychologists
 Addiction Counselors • Therapists • Marriage & Family Therapists • Nurses • Case Managers • School Counselors • Other Mental Health Professionals

Objectives

- Utilize specific solution-focused strategies, including miracle and best-hopes questions to improve clinical outcomes.
- Compare the benefits of utilizing a solution-focused approach versus other evidence-based treatment models.
- Implement solution-focused interventions that shift the conversation from "problem talk" toward productive, solution-oriented talk.
- Assess the practical benefits and limitations of utilizing a solution-focused treatment approach with clients.
- Summarize the current research related to the efficacy of a solution-focused approach to treatment.
- Implement the structure and questions of the Solution Focused Approach with their clients in an ethical way.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call 715-855-5260.

**— FREE —
Worksheets**



FREE
Gratitude, Mindfulness & Optimism Worksheets

Free Gratitude, Mindfulness & Optimism Worksheets

pesi.com/worksheetshappiness

NON-PROFIT ORG
 US POSTAGE PAID
 EAU CLAIRE WI
 PERMIT NO 32729

Bring any training
in-house!



Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

PESI, Inc.
 P.O. Box 1000
 Eau Claire, WI 54702-1000
 A division of PESI, Inc.


Solution Focused Brief Therapy

An Evidence-Based Approach to Create Rapid, Sustainable Change with Any Client

Fairfax, VA • Wednesday, September 25, 2019

Silver Spring, MD • Thursday, September 26, 2019


College Park, MD • Friday, September 27, 2019



REGISTER NOW! pesi.com/express/72910

Solution Focused Brief Therapy

An Evidence-Based Approach to Create Rapid, Sustainable Change with Any Client



Featuring **Elliott Connie**, MA, LPC
 SFBT Expert, International Trainer & Author


Any diagnosis, any presenting problem – your clients CAN create lasting change in their lives!

Fairfax, VA
 Wednesday, September 25, 2019

Silver Spring, MD
 Thursday, September 26, 2019

College Park, MD
 Friday, September 27, 2019

"I was hooked within about six seconds of this presentation! I have become much more effective as a therapist using SFBT methods."
Glenn, LCSW



REGISTER NOW! pesi.com/express/72910

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Solution Focused Brief Therapy

An Evidence-Based Approach to Create Rapid, Sustainable Change with Any Client

Would you like to see more progress in session? Have you found yourself stuck with certain clients, addressing the same problems and symptoms week after week? Would you like to see your clients transform themselves into the most positive, creative and motivated people they can be, regardless of presenting problem or diagnosis?

It's time to incorporate Solution Focused Brief Therapy into your clinical toolbox!

Solution Focused Brief Therapy (SFBT) is an evidence-based, straightforward, result-driven approach to therapy that helps clients become "unstuck" by drawing on their already existing resources and personal strengths. Through easy to learn, simple interventions and principles, **SFBT offers you a whole new perspective of what therapy can do.**

Join Elliott Connie, SFBT trainer, author and psychotherapist, as he walks you through the philosophical shift from problem to solution-oriented therapy that will completely change your practice. No tricks, no theoretical rhetoric that takes years to understand – just **simple, practical, innovative strategies that will transform your clients' relationship with their perceived problem.**

In this dynamic, engaging seminar you'll have the unique opportunity to share your thoughts, practice the skills, and even watch a SFBT session from start to finish so you'll know exactly how to use it in your own office!

Breathe new life into your practice – sign up today!

"My first solution focused therapy session with a client was amazing! The room felt so much lighter, exciting, positive, and hopeful."

Jo, Psy.D.

"I cannot believe how much I have learned and how much progress I have seen my clients make as my skills improved. Thank you!"

Paula, LPC

Speaker



Elliott Connie, MA, LPC, is a Texas-based psychotherapist in private practice and the founder/director of The Solution-Focused University, an online learning community that trains and provides resources for professionals who want to master the Solution Focused approach in their work. Over the course of his 15-year clinical career, Elliott has successfully worked with thousands of individuals, couples, and families using a solution-focused model to help them achieve their desired outcomes. He is an experienced speaker who has gained international recognition for training hundreds of practitioners throughout the United States,

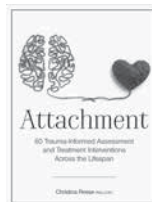
Australia, Europe and Asia on the solution-focused treatment model. Elliott is the author/co-author of four books, including *Solution-Focused Brief Therapy with Clients Managing Trauma* (Oxford University Press, 2018), *The Solution Focused Marriage: 5 Simple Habits That Will Bring Out the Best in Your Relationship* (The Connie Institute, 2012), *Solution Building in Couples Therapy* (Springer, 2012), and *The Art of Solution Focused Therapy* (Springer, 2009).

Speaker Disclosures:

Financial: Elliott Connie is the founder and executive director of The Connie Institute. He receives a speaking honorarium from PESI, Inc.

Non-financial: Elliott Connie has no relevant non-financial relationship to disclose.

***SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**



Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions.** Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.



Digital Detox Card Deck

56 Practices to Help You Detox, De-Stress, Distract and Discover

By Goali Saedi Bocci, PhD

Buzzing, ping and grasping for our attention, our phones and screens can cause significant distress, as we lose touch with reality and the importance of self-care and emotional well-being. Take advantage of the 56 practices inside to detox from your devices, feel rejuvenated, find healthier coping skills, and embrace the present moment.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

District Of Columbia Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Questions? Call customer service at 800-844-8260

Maryland Counselors: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

Virginia Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register: SOLUTION FOCUSED BRIEF THERAPY: AN EVIDENCE-BASED APPROACH TO CREATE RAPID, SUSTAINABLE CHANGE WITH ANY CLIENT

ONLINE

pesi.com/express/72910

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check location: (make copy of locations)

FAIRFAX, VA

September 25, 2019

72910FAI

Hilton Garden Inn Fairfax
3950 Fair Ridge Dr • 22033
(703) 385-7774

SILVER SPRING, MD

September 26, 2019

72910SLV

Sheraton Silver Spring
8777 Georgia Ave • 20910
(301) 589-0800

COLLEGE PARK, MD

September 27, 2019

72910CPA

Holiday Inn College Park
10000 Baltimore Ave • 20740
(301) 345-6700

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTER NOW

pesi.com/express/72910

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required. Cannot be combined with other discounts.**



FOR OFFICE USE ONLY
KS
Fed ID # 26-3896894
© 2019 PESI, Inc.

1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrar's e-mail is required to receive your certificate of completion and registration confirmation.

3 Check tuition:

Tuition with seminar manual

\$199.99 - choose one of the options below:

- per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date

\$229.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

\$24.99* Attachment book

\$17.99* Digital Detox Card Deck

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

Solution Focused Brief Therapy: An Evidence-Based Approach to Create Rapid, Sustainable Change with Any Client

___ **Seminar on DVD*** (Video) \$199.99 (RNV055085)

___ **Seminar on CD*** (Audio) \$169.99 (RNA055085)

___ **Attachment** book* \$24.99 (PUB08570)

___ **Digital Detox Card Deck*** \$17.99 (PUB086030)

CE hours and approvals on products may differ from live CE approvals.

Product total \$ _____

*Shipping is \$6.95 first item + \$2.00 each add'l item.

*Shipping _____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Subtotal _____

**Tax _____

TOTAL _____