

## 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 & Webcast Schedule (Times listed in Mountain)

**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

1. Utilize specific solution-focused strategies, including miracle and best-hopes questions to improve clinical outcomes.
2. Compare the benefits of utilizing a solution-focused approach versus other evidence-based treatment models.
3. Implement solution-focused interventions that shift the conversation from "problem talk" toward productive, solution-oriented talk.
4. Assess the practical benefits and limitations of utilizing a solution-focused treatment approach with clients.
5. Summarize the current research related to the efficacy of a solution-focused approach to treatment.
6. 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](mailto:ksample@pesi.com) or call 715-855-5260.

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# Solution Focused Brief Therapy

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

**Fort Collins, CO** • Wednesday, October 23, 2019  
**Boulder, CO** • Thursday, October 24, 2019  
**Live Video Webcast** • Thursday, October 24, 2019  
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# 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!

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

**Glenn, LCSW**

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# 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.

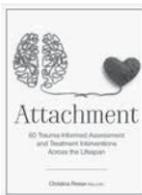
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**Join us on October 24, 2019, for this live, interactive webcast!**

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/73974](http://www.pesi.com/webcast/73974)

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### 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.

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