

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 or call 715-855-5260.

Don't Miss!

LIVE VIDEO WEBCAST

 **THURSDAY**
October 24, 2019

REGISTER ONLINE
pesi.com/webcast/73974

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

www.pesi.com/inhouse

CE credits included!


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

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

Fort Collins, CO • Wednesday, October 23, 2019
Boulder, CO • Thursday, October 24, 2019
Live Video Webcast • Thursday, October 24, 2019
Denver, CO • Friday, October 25, 2019

 **REGISTER NOW!** pesi.com/express/73760

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!


Fort Collins, CO
Wednesday, October 23, 2019

Boulder, CO
Thursday, October 24, 2019

Live Video Webcast
Thursday, October 24, 2019

Denver, CO
Friday, October 25, 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/73760

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).

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).

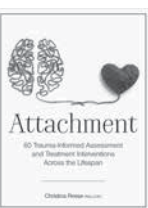
Speaker Disclosures:
Financial: Elliott Connie is the founder and executive director of The Connie Institute. He receives a speaking honorarium from PESI, Inc.
Non-financial: Elliott Connie has no relevant non-financial relationship to disclose.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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

*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.

ADDITION 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.

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 activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities


PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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.



COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

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.





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

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/73760

PHONE

800-844-8260
Please have credit card available

FAX

800-554-9775

MAIL

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

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 _____

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

2 Check location: *(make copy of locations)*

☐ **FORT COLLINS, CO**
October 23, 2019 73760FCO
Fort Collins Marriott
350 Horsetooth Rd • 80525
(970) 226-5200

☐ **BOULDER, CO**
October 24, 2019 73760BLD
Hotel Boulderado
2115 13th St • 80302
(303) 442-4344

☐ **LIVE VIDEO WEBCAST**
October 24, 2019 PLW73760
Broadcast LIVE to your computer!

☐ **DENVER, CO**
October 25, 2019 73760DEN
Embassy Suites Denver Tech Center North
7525 East Hampden Ave • 80231
(303) 696-6644

REGISTER NOW
pesi.com/express/73760

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.*

4 Indicate method of payment:
ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

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

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 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) \$219.99 (RNV055085)
___ **Seminar on CD*** (Audio) \$219.99 (RNA055085)
___ **Attachment** book* \$24.99 (PUB085705)
___ **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 _____