

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

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

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins
11:50-1:00 Lunch Break
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.

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.

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Solution Focused Brief Therapy

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

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

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

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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.**

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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

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Other Mental Health Professionals



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Meet Your 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 Disclosure:

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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Psychologists, Addiction Counselors, Physicians, Marriage & Family Therapists, and Nurses.**

For specific credit approvals and details, visit www.pesi.com/webcast/86415

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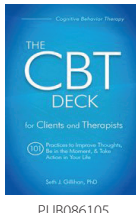
Recommended Reading:



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The Revolutionary New Treatment for Depression and Anxiety

David D. Burns, M.D

~~\$26.99~~ **\$19.99***



The CBT Deck
101 Practices to Improve Thoughts, Be in the Moment, & Take Action in Your Life

Seth J. Gillihan, Ph.D.

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