

## 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 Central)

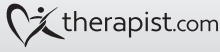
- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

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.

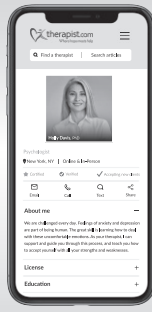
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# SOLUTION FOCUSED BRIEF THERAPY

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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

*"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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## 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.

# 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**

## Target Audience:

Counselors • Social Workers • Psychologists • Addiction Counselors • Therapists  
Marriage & Family Therapists • Nurses • Case Managers • School Counselors • Physicians  
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 of The Solution Focused Universe and maintains a private practice. He receives royalties as a published author. Elliott Connie receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Ellicott Connie is a member of the American Counselor Association and the Solution-Focused Brief Therapy Association.

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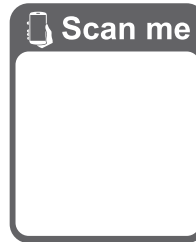
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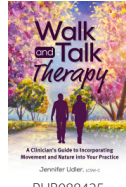


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