

Solution-Focused Therapy: Assumptions and Interventions that Support Short-Term Work

Thursday, October 10, 2013

Workshop led by

Susan Winter Fledderus, M.Ed., RMFT, R.S.W., CSFT

First Hamilton CRC
181 Charlton Avenue West,
Hamilton, ON L8P 2C9

9:00 am - 4:00 pm

Lunch and refreshments included
Registration begins at 8:30 am

Learn to work effectively within a short-term service provision framework without short-changing your clients. This workshop is designed to increase your knowledge and skills in using a Solution-Focused model of therapy. Building on the assumptions of this model, you will gain skills and strategies that will expand your repertoire of interventions beyond the basic Solution-Focused tools.

Learning Objectives:

Participants will learn:

- The philosophy and assumptions that make the Solution-Focused approach effective
- How to establish appropriate goals for short-term therapy
- Ways of tapping into clients' strengths and resources and helping them envision their preferred futures
- A variety of effective techniques and ways to apply them in various clinical situations



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Workshop Outline:

9:00 – 10:15	Philosophy and Assumptions of Solution-Focused Therapy
10:15 – 10:30	Break
10:30 – 12:00	Interventions of Solution-Focused Therapy: tools for goal-setting and envisioning a preferred future
12:00 – 1:00	Lunch
1:00 – 2:15	Demonstration of the model; Application with different populations
2:15 – 2:30	Break
2:30 – 4:00	Working with different modalities in a Solution-Focused framework; how to integrate it with what you are already doing that works.

Appropriate for counsellors, social workers, and marriage and family therapists who want to increase their skill in applying the Solution-Focused model in their clinical practice.

This training is part one of a two-part training, the second of which will be held in the Spring of 2014. These two days of training can be used together in place of one of the modules in the University of Toronto's Certificate program in Solution-Focused Counselling.

Susan Winter Fledderus is a Clinical Therapist and Past Clinical Director with Shalem Mental Health Network. She has more than 15 years of experience in the field of marriage and family therapy, with extensive experience in working with individuals, couples and families.



Susan is a registered marriage and family therapist (RMFT) as well as an Approved Supervisor with the American and Ontario Associations of Marriage and Family Therapy (AAMFT and OAMFT). She is also a registered social worker with the Ontario College of Social Worker and Social Service Workers (OCSWSSW). She is also a Certified Solution-Focused Therapist (CSFT) and Approved Supervisor with the Canadian Council of Professional Certification. Susan trains therapists and social workers in Solution-Focused Therapy through the University of Toronto Faculty of Social Work Continuing Education program.

**Early Registration Rate: \$110 before September 13
\$125 After September 13**

For more information and to register:

call 866-347-0041 or

email office@shalemnetwork.org

To register online visit:

solutionfocusedtraining.shalemnetwork.org