What is Solution-Focused Brief Therapy?

Is a goal-directed collaborative approach to psychotherapeutic change that is conducted through direct observation of clients' responses to a series of precisely constructed questions. Solution-Focused therapy sessions typically focus on the present and future, focusing on the past only to the degree necessary for communicating empathy and accurate understanding of the clients concerns.

Course Objectives

The workshop will help you build on your Solution-Focused Therapy skills. You will learn about:

- Theoretical background of Solution-Focused Brief Therapy (SFBT)
- Assumptions, Philosophy and Principles of SFBT
- Skills and techniques in conducting solutions focused interviews:
  - Miracle Question
  - Exceptions finding Question
  - Scaling Question
  - Coping Question
  - Relationship Question
  - Formulating feedback and tasks
  - Second session onward – use of EARS
  - Using Solution-Focused Therapy in the Singapore context

Instructional Methodology

We use a variety of interactive methods that allow participants to learn by drawing conclusions (learning points) from their practices and exercises.

The pace of the programme will keep participants involved and attentive. Participants are taught in a step-by-step combination of lectures and discussions, demonstrations, small group exercises and discovery experiments.

About the Trainer

Mr. Edwin Tan is the Managing Partner of the BRIEF Academy Pte Ltd.
His key competencies are in communication and interpersonal skills, change management, coaching, mentoring and counseling, stress management and crisis management.

Who should attend

The course is suitable for persons managing clients with health care issues.

Closing date on 22 April 2015

To register email to: Ms Erimah at erimah_mohamed@nhg.com.sg or DID: (65) 64966914

Course fees: $250 for CMSS members; $400 for non-members