

Single-Session Therapy and Solution-Focused Therapy Training

The Child and Youth Mental Health program at Kenora-Rainy River Districts Child & Family Services will be hosting a three day workshop in Single-Session Therapy and Solution-Focused Therapy Training.

When: June 10-12, 2019

Time: 9 AM – 4 PM

Where: Little Beaver Cultural Centre

Cost: \$300

Registration fee is payable by cheque made out to KRRDCFS or by etransfer to Accountsreceivable@krrcfs.ca

Email registration form to Janice.gagne@krrcfs.ca or fax 807-274-6646 attn: Janice Gagne

Lunch will be provided each day.

Participant Name:	
Organization:	
Email Address:	
Please indicate any dietary restrictions:	

Single-Session Therapy and Solution-Focused Therapy Training

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Solution-focused therapy is an approach to psychotherapy based on solution-building rather than problem-solving. It explores current resources and future hopes of the client rather than present problems and past causes and typically involves only one (single) to five sessions. ***“Rather than looking for what is wrong and how to fix it, we tend to look for what is right and how to use it”*** (Berg and Miller, 1992, p.3).

This three-day experiential workshop will provide participants with a comprehensive foundation in the elements of brief therapy and clinical training in Solution-Focused Brief Therapy focusing on the three components of competency: knowledge, skills and attitude. Attention will be placed on the brief and strength-based mindset, and why Solution-Focused Therapy is one of the best fits for working briefly, including the assumptions and therapist stance, and step-by-step guidelines, techniques and micro-questions for conducting effective brief therapy (including the Therapist Checklist-[Bednar/VanEngen]). Didactic presentation and experiential exercises will be used to provide a comprehensive, fun and challenging training experience.

The presenters will be Dina Bednar and Mark Fernandes from the Canadian Solution Focused Brief Therapy Centre.

Biographies:

Dina Bednar, MA, RMFT, CSFT, RP: Dina is a registered marriage and family therapist and an AAMFT approved supervisor. She is the associate director of, and an instructor in the SFBT certificate program at OISE, University of Toronto, the co-editor of the Canadian SFBT newsletter and one of the directors of the Canadian SFBT Centre. Dina works and supervises in a children’s mental health clinic in Hamilton and has a small private practice in Ancaster, Ontario.

Mark Fernandes, MSc., RMFT, CSFT, RP: Mark is a couple and family therapist and AAMFT approved supervisor. He has extensive experience with the youth justice system, and working with children, adolescents and families in a strength-based SFBT way. Mark is an instructor at OISE in the SFBT certificate program and one of the directors of the Canadian SFBT Centre.

Learning Objectives:

Suppose tonight, while you’re sleeping a miracle happens –and tomorrow when you awaken you find that you’re an even more efficient brief therapist than before! How will you know? What will you notice? Specifically, what will you be doing differently?

- Know the research supporting SST and SFBT;

- Adopt the Single-Session Mindset;
- Understand the tenets, assumptions and stance necessary to provide effective SST and SFBT;
- Review the influential theories (Post-modern, social-constructionist, systemic, MRI and Ericksonian) and brief therapy approaches that provide SST and SFBT with many techniques and assumptions;
- Learn the single session framework and how SFBT treats every session as a single session;
- Understand the components and treatment interventions;
- Master techniques and specific SST and SFBT skills.

June 10 - Day: 1

- Over view of the research supporting SST and SFBT
- A brief History of and general principles of SST and SFBT
- Learn the influential theories and predominant approaches of SST
- Assumptions of SST and basic beliefs that can Promote or Impede effective SST
- Components of SST and SFBT
- Temporal structure of a Single Session: (Early, Middle, Late phases)
- Dyadic and group exercises

June 11 - Day 2:

- The single session framework including the Therapist Checklist developed by Bednar & VanEngen
- Alliance
- Language and questions as Interventions in each phase
- The five SFBT Interventions
- Micro-questions
- Putting it together
- The “art” of SFBT
- Hints and tools for the tool belt
- Exercises

June 12 - Day 3:

- The ‘break’ and giving feedback
- The art of slicing it thinner
- Integrating SFBT with other modalities
- Advanced SFBT application with challenging issues
- Microanalysis of client utterances
- Scenarios
- Group and dyadic exercises