

CERTIFICATION IN SOLUTION FOCUSED BRIEF THERAPY

Certified Solution Focused Therapist / Practitioner

About Solution-Focused Brief Therapy (SFBT)

The **Solution Focused Approach** is a positive solution building model that was developed by Steve de Shazer, Insoo Kim Berg and their colleagues at the Brief Family Therapy Centre in Milwaukee, Wisconsin, USA in the early 1980s. The model encourages the development of effective behavioural management, to adopt a positive stance in which energy is directed towards finding satisfactory ways forward rather than focusing on what is going wrong in a given situation. Simply put, it is to work on what works and stop doing what doesn't. Empowerment comes with seeing life from the future, rather than from the past. Solution Focused Approach provides enriched patterns of thinking that develop from the natural abilities we have within us. These programs provide students with laser and specific interventions that create the foundation for becoming a masterful practitioner, therapist or coach.

Outcomes

By the end of the course, students should be able to demonstrate the following:

- Understand the background of solution focused approach
- An ability to engage and maintain good relationship with clients
- An ability to establish and work in the direction of their clients' goals
- An ability to maintain a solution-focused stance over a period of time

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E-mail: learn@briefacademy.com
Website: www.briefacademy.com

Fee Structure

Total fee is S\$2800.00 per candidate. This is inclusive of the 6 one-hour supervision required to fulfill the requirement of the certification.

(VCF is approved at 80% funding capped at \$1000)

Class Size: 12 participants

For more information please contact Mr. Edwin Tan at the **BRIEF Academy**.

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Certification Information

The whole certification programme is modeled after a similar programme that is offered by the U of Toronto. (Website: www.utoronto.ca/facsocwk/conted.html). The first module, principles of solution focused approach provides a foundation for understanding the philosophy and techniques of the model. There will be **two case presentation modules** that require participants to demonstrate their ability to conduct solutions focused therapy.

Participants are also required to do **four other intermediate modules** which provide opportunities to expand SF practice to a wide variety of client situations. This training fulfills the educational requirements for the certified solution focused therapist/practitioner (CSFT/P) specialty designations granted by the Canadian Council of Professional Certification. (website: www.ccpccprofessionals.com) The designation requires a full degree, full membership in a recognized professional association and a supervision component.

All participants must undergo a **minimum of 6 one-hour supervision, or equivalent amount of time if conducted in a small group format** with an approved supervisor with the Canadian Council of Professional Certification.

Assessment Criteria

- Attained minimum 80% attendance plus 2 Field Case Presentations.
- Assessed by the BRIEF Academy and Associate Examiner, to have acquired the skills to conduct a Solution Building Interview (during the Field Case Presentation II)
- Completed the required hours of supervision endorsed by the BRIEF Academy and recognised by CCPC.
- Passed the final case study/project presentation.

Course Structure

The seven modules will be held over **14 days between January till July 2010**.

The times of the workshops are 9.30pm till 5.30pm.

Offered by



Awarded by



CCPC
Canadian Council of
Professional Certification

Overview of Modules

Module SF101: Principles of Solution Focused Approach (Compulsory Module) (21 & 22 January 2010)

You will learn about the Theoretical background of the Solution-Focused Approach; Assumptions, Philosophy and Principles of Solution Focused Approach; Skills and techniques in conducting solution focused interviews: Miracle Question, Exceptions finding Question, Scaling Question, Formulating feedback and tasks; Protocol of Solution Focused Approach.

Module SF201: Solution Focused with Reluctant and Mandated Clients (25 & 26 February 2010)

You will learn about Getting started with reluctant and mandated clients; Responding to anger and negativity; Paying attention to who and what is important for the clients; Addressing the context using relationship questions; Incorporating requirements that are non-negotiable.

Module SF202: Solution Focused Approach and other Post Modernism Approach (3 & 4 June 2010)

You will learn about the place of Solution-focused ideas in post modernism; Comparing Solution-focused approach with other post modernism approaches; Differences and similarities of Solution-focused approach with other post modernism approaches; Making Solution-focused approach more effective and powerful in working with clients.

Module SF301: Field Case Presentation I (Compulsory Module) (15 & 16 April 2010)

You will have Personal therapy and Project work. Participant has to present one video or audio-taped therapy session with minimum 20 minutes transcripts demonstrating their competency and application of the solution-focused approach for assessment.

Module SF203: Solution Focused Approach in the Singapore Agency Setting (18 & 19 March 2010)

You will learn about using Solution-focused approach in Singapore social service agencies; Implementing Solution-focused ideas in working with the diverse clientele groups; Implementing Solution-focused ideas in supervision; Respecting the boundaries and issues facing social service agencies in a Solution-focused approach.

Module SF 204: Solution Focused Kids' Skills (Kids' Skills Ambassador)

(Contact us for more details)

Module SF205: Solution Focused Approach with Groups (6 & 7 May 2010)

You will learn about Enlisting cooperation from the group; Developing well-formed and meaningful goals; Role of group leaders in using solution focused ideas; Using the various questioning techniques in group .

Module SF206: Working on What Works – Classroom Management (Upon request)

WOWW stands for Working on What Works! WOWW is an innovative program designed by Insoo Kim Berg and Lee Shilts to enhance the quality of education in the classroom. The major methodology behind this approach is derived from the work on Solution-Building Practices. This was first used in a middle school in Florida with much success and soon other school started to also use the WOWW program to reduce challenges and helped teachers cope with classroom management. **WOWW responds to the needs of teachers to find workable teaching activities that are based on respectful and collaborative approaches between student and teacher.** *It utilises what is already in the classroom without disrupting usual classroom procedures and without singling out the problem child.*

Module SF303: Capstone Field Case Presentation II (Compulsory Module) (1 & 2 July 2010)

This is the final assessment on conducting solution focused interviews. Participant has to present one video or audio-taped therapy session with a minimum 30 minutes transcripts including a microanalysis demonstrating their competency and application of solution-focused approach for assessment.

Main Facilitators/Examiners and Associate Facilitators

Mr Edwin Tan is a social worker and counselor in private practice. He has a Masters of Social Science in Counselling with the Edith Cowan University of Australia as well as a Postgraduate Diploma in Solution-Focused Brief Therapy (SFBT). He is the Approved Supervisor with the Canadian Council of Professional Certification and has been using SFBT ideas over the last 10 years with families, couples, adolescents, children and organisations. He has also trained teachers in using Solution Focused ideas in the classroom context – working on what works.

Mr Laurence Ho is a Registered Psychologist & Counsellor in Singapore. He holds a Masters degree in Applied Psychology from the Nanyang Technological University (NTU) as well as a Postgraduate Diploma in Solution Focused Brief Therapy (SFBT) from Milwaukee, U.S.A. He is an Approved Clinical Supervisor under the Singapore Association for Counselling, Accredited administrator of several psychological instruments such as the Myers Briggs Type Indicator (MBTI) and the Taylor-Johnson Temperament Analysis. He is a member of several distinguished societies such the Singapore Association for Counselling, the Singapore Psychological Society, Australian Counselling Association, American Counseling Association and the International Association of Family and Marital Therapy.

For more information please contact Mr. Edwin Tan at the BRIEF Academy.

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Registration Form

To: Brief Academy Pte Ltd

Fax: +65 6829 2288

CERTIFICATION IN SOLUTION FOCUSED BRIEF THERAPY

Name: _____

Designation: _____

Nationality: _____

NRIC/Fin No.: _____

Organisation: _____

Address: _____

Telephone No: _____

(H)

(O)

(HP)

Email Address: _____

Fee Structure

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CRITERIA FOR APPLICANTS APPLYING FOR VCF FUNDING

1. Singaporean or Permanent Resident who are permanent staff of a Voluntary Welfare Organisation (VWO)
2. VWO is a member of the National Council of Social Service (NCSS)
3. Applicant gives training provider consent to collect VCF funds from NCSS on his/her behalf.
4. Applicant (**if Employment Pass Holder or Work Permit Holder ONLY**) must have at least 1 year remaining contract period with the Agency. Please attach copy of Employment Pass with Registration Form sent.
5. Applicant must attain 80% attendance for the entire course and complete course evaluation feedback forms upon completion of course.
6. Applicant (including volunteers) are eligible for training courses specific to his/her job scope/responsibilities.