

## Solution Focused Brief Therapy (2 Days)

### Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

### Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

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Solution Focused Brief Therapy (SFBT) provides a powerful intervention framework that works to resolve a wide range of problems within a short period of time. It is highly respectful and acts to empower clients to rediscover their unique strengths and resources and put these to work on the challenges they face.

SFBT has been used with tremendous success with clients presenting with a wide range of issues such as depression and anxiety, family and relationship issues, drug and alcohol misuse, injury management, grief and loss to name but a few. The approach has been proven by extensive research to work well in any situation where a better future is sought.

During this workshop participants will learn:

- The history and evolution of SFBT
- Basic theoretical concepts that underpin SFBT
- Basic techniques and strategies used in the practice of SFBT
- When SFBT is an appropriate intervention
- The limitations of SFBT
- A basic application of the SFBT approach
- To integrate the approach into their own work practices

It is anticipated that participants will be able to develop a level of skill in the application of the SFBT approach to integrate into their work environment immediately following the training. They will also be assisted to adapt the approach to their particular work setting and clientele.

### Dates

Wednesday 16th & Thursday 17th June 2010

Tuesday 23rd & Wednesday 24th November 2010

**Investment \$396**