

## **Title: Introduction to Solution Focused Therapy**

**Aims:** To explore the techniques and philosophy behind solution focused therapy.

**Objectives:** Examine what solution focused therapy is  
Explore the specific techniques used in solution focused therapy  
e.g. scaling, future pacing etc  
Practice using a solution focused approach  
Increase your skills

### **Target Audience:**

This course will greatly benefit anyone who has a communication role at work, and would like to improve his or her verbal skills. In addition the development of a specific range of techniques from the solution focused approach.

### **Course Content**

- What is solution focused therapy?
- Scaling
- Empathy
- Verbal skills
- Future pacing
- Boundaries and referrals
- Case studies
- Teamwork
- Summary
- Evaluations and endings

### **Commentary**

This course covers a basic introduction into solution focused therapy, to enable the participants to have a basic understanding of what solution focused therapy is. In addition the participants get to practise a range of intervention techniques, and explore some of the underpinning knowledge and theory behind the methods.