

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 in solution focused therapy e.g. scaling, future pacing ect
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 basic techniques, and explore some of the underpinning knowledge and theory behind the methods.