

Solution Focused Brief Therapy

A Three Day Intensive

with Michael Durrant

SFBT

The Solution-Focused Brief Therapy approach immediately appeals to many practitioners because it is considered conceptually very simple; however it is easy to underestimate the discipline that the approach requires in order to be used effectively. Practitioners rapidly discover that SIMPLE does not necessarily mean EASY! It is often joked that "there are only three questions" in Solution-Focused Brief Therapy, but those three questions demand a focus and a way of listening that is very different from the way most of us were trained. This three-day intensive will do more than just introduce participants to Solution-Focused ideas; it will IMMERSE them in it! This is a "hands-on" course, grounded in the reality of peoples' work with clients. The course will discuss the major components or tools of the Solution-Focused approach in detail. Case examples and video examples will be used to demonstrate the various ideas and techniques in detail. These will not be "video highlights"; we will examine the process of counselling sessions, including bits that didn't work so well. Exercises, group discussions and role-plays will allow participants to experience the ideas and to experiment in a friendly environment.

The course is open to anyone but will be particularly suited to:

- People who have had some exposure to Solution-Focused ideas and would benefit from more systematic training
- People who have attended an introductory seminar in the past and who wish to pursue more focused training
- People who are interested and willing to explore a therapeutic approach that offers real hope to clients but some uncertainty to practitioners.

Participants will leave armed with the knowledge and skills to immediately incorporate Solution Focused Brief Therapy into their practice.



Michael Durrant is the director of the Brief Therapy Institute in Sydney and previously a faculty member in Education and Social Work at the University of Sydney. A Psychologist and an author with an international reputation in Solution-Focused Brief Therapy. Michael consults with agencies and teams in Australia and overseas and has presented more than 800 professional training workshops throughout the world. His vast knowledge of this subject combined with his engaging presentation style ensure that this is a program not to be missed for anybody wanting to gain a more in-depth understanding of this incredibly effective approach.

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Seminar Details:

Monday 1st - Wednesday 3rd September 2025 9.00am - 4.00pm

The Parnell Hotel & Conference Centre, 10/20 Gladstone Road, AUCKLAND

\$875 (incl. GST). Price includes lunch and tea break catering and presentation notes

Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

3 Ways to Register:

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