

Solution Focused Brief Therapy

A Comprehensive Introduction

SFBT

Live Webinar with Michael Durrant

Solution Focused Brief Therapy (SFBT) is an internationally recognised, short-term goal-focused therapeutic approach which research has shown to be particularly successful in work with children and young people. By focusing on how change happens and constructing solutions rather than concentrating on the historical details of how a problem developed, SFBT offers a range of approaches and techniques to assist in facilitating timely, lasting change. SFBT teaches people to utilise their existing strengths and redirect their focus towards how they want things to be, and what it will take to make it happen.

In this live broadcast webinar, Michael provides a comprehensive introduction to the practice of SFBT and its application within a range of professional contexts relating to work with children and young people. He will unwrap the theory which underpins SFBT discussing how it fits within broader strengths-based approaches and introduces participants to the questioning skills and tools central to the success of this approach. Videotaped examples of actual interventions will be used to complement the discussion and participants will be equipped with a range of new techniques that can be easily and immediately incorporated into their own work. If your work involves you having change focused conversations with young people then this training is definitely for you.



Michael Durrant is the director of the Brief Therapy Institute of Sydney. A Psychologist and 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 750 professional training workshops throughout the world. His vast knowledge of this approach combined with his clear and concise presentation style ensures that this is a training opportunity not to be missed for everybody working at the coal face with children and young people.

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Details:

- 📍 Live broadcast webinar via Zoom
- 🕒 Thursday 27th February 2024 - 9:00am to 3:00pm
- 💰 \$249 (incl. GST). Price includes presentation notes and a free access code to re-watch the workshop via Compass Seminars new On Demand platform.
- ❓ Contact the Compass Seminars team on 06 7591947 or office@compass.ac.nz

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