

# Solution Focused Brief Therapy

A Three Day Intensive

with Michael Durrant

SFBT

The Solution-Focused Brief Therapy approach is an evidence-based therapeutic approach which immediately appeals to many practitioners because it seems conceptually very simple; however, it is easy to underestimate the discipline that the approach requires to be used effectively. Practitioners rapidly discover that SIMPLE does not necessarily mean EASY! 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 real clients.

The course will discuss the major components or tools of the Solution-Focused approach in detail. It will discuss the development of the approach in the 1980s and 1990s, including the radical shift from a focus on problems to a focus on exceptions to problems and how this led to a curiosity about strengths and successes, and the major move from an exceptions-based approach to a future-focused approach. This training includes actual video of therapy sessions conducted by the founders and developers of the approach, as well as more recent case examples.

The training will also discuss more recent developments in the Solution-Focused approach, including the move to an approach that relies more and more on a detailed description of the different future (a development referred to in one paper as "SFBT 2.0") and includes a detailed case example reflecting this development, and the more recent development of Solution-Focused application in coaching and organisational settings.

The training will include consideration of how the Solution-Focused approach can be used with severe and complex trauma and Michael brings experience of having worked closely with agencies working with people who have experienced trauma from natural disaster and trauma from childhood and adult violence and sexual assault.

Case examples and video examples, including examples from the founders and developers of the approach, 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.
- People working in non-therapy contexts (such as coaching) who wish to pursue training in an approach that is increasingly popular in coaching and organisational contexts.

**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. He is the ONLY trainer in Solution-Focused work in New Zealand who worked personally with the founders of the approach. 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:

📅 WELLINGTON: 4 - 6 March 2026 | Movenpick Hotel

CHRISTCHURCH: 9 - 11 March 2026 | Rydges Latimer Square

🕒 9.00 - 4.00pm

💰 \$905 (incl. GST). Price includes lunch and tea break catering and presentation notes

📞 Contact the Compass Seminars team on 06 7591947 or [office@compass.ac.nz](mailto:office@compass.ac.nz)

**3 Ways to Register:**

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