



# The Action Factory Training

*"Enjoy the Journey"*

## Solution Focused Brief Therapy Introduction - 2 Days

### Solution Focused Brief Therapy

The reputation attained by the Solution Focused Brief Therapy method over the years is well deserved. Numerous studies have shown its effectiveness with problems as diverse as depression, alcoholism and family breakdown. It is easily adapted into all professions including health, social services, youth work and family therapy.

### Aims of the course

The course will provide a sound understanding of the principles of Solution Focused Brief Therapy and the practices involved. The participants will leave with enough practice and understanding to develop their skills further over time.

### Client groups

Typical participants will be from the social care sector being front line workers who come into contact with a wide range of troubled individuals. These will include education, the police service and health workers. Solution Focused Therapy is also used extensively with those who come into contact with young people on a therapeutic basis either formally or in a support role. The course content will be tailored to the individual service after our usual pre booking consultation.

### Course content

- Flick through the Solution Focused "Magazine"
- "Walkthrough" of the Method
- Real Practical Techniques & Tools
- Case Studies & Practice
- Adapting the Method to Individual Practice Issues

### Course methods

As with all Action Factory training we believe that people learn and absorb information and skills in a non-pressured fun environment. Clients are free to participate or observe at whatever level they feel comfortable. The 2 days will involve a mixture of discussion, debate and practical involvement.

### Cost

£150 per person

The cost includes all materials and notes and pre course interview  
Min 6 persons

*We are always happy to discuss your individual teams needs or provide a free presentation at your next team meeting. Just ask we are here to help*

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