

# Solution Focused Training

## Therapy Stream

### *F2F & Online*

Tailored for roles in schools, workplaces and practices, with a context of therapy and counselling, for those who are keen to learn an effective communication strategy. The **solution focused approach** is an increasingly popular evidence based strategy that assists people in developing optimistic thinking patterns; a technique based approach that takes the focus away from talking about the problem and moves a conversation towards a solution.

Designed for professionals who are working with children, adolescents, and/or adults in a range of settings that are therapeutic. Including school counsellors, SSO/SLSOs, and learning support roles in schools, as well as social workers, counsellors, chaplains, youth workers, welfare workers, support workers, and practitioners.



### **TRAINING OPTIONS**

#### **FACE TO FACE (F2F)**

How: 2 x Days

When: 9:00 am - 4:00 pm

Where: The Resilience Centre,  
Epping, NSW

#### **ONLINE**

How: 4 x Weeks

Inc: 3 x Wednesday Live Workshops

Inc: 3 x Hours at your own pace weekly

When: 7:00 - 8:00 pm Local Sydney Time

Where: Online via Zoom and Canvas

The Resilience Centre  
401/51 Rawson Street Epping NSW 2121  
(02) 9869 0377  
[www.theresiliencecentre.com.au](http://www.theresiliencecentre.com.au)



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### TRAINING OUTCOMES

- **GAIN** insight into the assumptions that underlie the principles of the solution-focused approach.
- **LEARN** how to develop the characteristic questions of the solution focused approach through specific techniques.
- **DISCOVER** how to gather a positive history at the start of the conversation and/or relationship.
- **EXPLORE** how to identify 'the best hopes' for a conversation and how this shifts focus away from the problem.
- **GAIN** insight into how to use 'the miracle question'.
- **DEVELOP** the skills needed to create a picture of 'the preferred future'.
- **ACQUIRE** techniques for redirecting conversations away from problems and risks, to shift towards strengths and solutions.
- **UTILISE** scaling methods to foster realistic and meaningful change.
- **ASSIST** individuals in recognising their communication styles for navigation and negotiation.

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At the end of this therapy stream, you are going to be able to use the techniques of the solution focused approach practically. There are plenty of opportunities to practice the skills with your trainer, to leave you confident to use your new skills immediately. On the foundation of systems theories and resilience theories, as well as using a developmental approach to solution finding, the solution focused approach makes for a profound, effective and sustainable communication tool in a range of settings that re therapeutic.

Your new skills to have a solution focused conversation in the ordinary and everyday are going to be able to give a range of people (children, adolescents and/or adults) glimpses of their own hopes, miracles for their own future and the skills to help get them there. The cost of the training includes access to our **Online Resource Portal** with a range of resources to help you use the solution focused approach after your training.

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