



Practical Help for Stammering Children

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AN INTRODUCTION TO SOLUTION FOCUSED BRIEF THERAPY

Course Aims

This two day workshop will introduce participants to the principles and techniques of Solution Focused Brief Therapy (SFBT). SFBT changes the focus of therapy from the problem to the solution, using the client's resources and strengths. There will be opportunities for practical exercises, videos of work with clients who stammer of all ages and their families, and case discussion. SFBT has been applied across client groups and with parents, children, teens and adults.

Learning Outcomes

At the end of this course participants will:

- be familiar with the principles and practice of SFBT
- be familiar with the structure and content of a SFBT session
- be familiar with questions that encourage clients to identify their resources and strengths and look to their future.

Course Content

Day One

- Focussing on strengths
- Best Hopes
- Outline of solution focused approach
- Future focus and goal setting
- The Miracle Question
- Using the language of solutions

Day Two

- Scaling and small signs of change
- More about the solution focused approach
- The structure of a session
- Beginnings and endings
- What's working well
- Practical exercises
- Round up and discussion

This workshop will combine the background and principles of SFBT with video-observation, skills practice, and discussion. The programme is approximate.