

**The Michael Palin Centre for Stammering Children,
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SOLUTION FOCUSED BRIEF THERAPY WITH CHILDREN AND YOUNG PEOPLE WHO STAMMER AND THEIR PARENTS

Course Aims

This two day workshop will introduce participants to the principles and techniques of Solution Focused Brief Therapy (de Shazer, 1985; Ratner, George & Iveson, 2012) and demonstrate how the approach can be used in working with clients who stammer. Solution Focused Brief Therapy (SFBT) changes the focus of therapy from the problem to the solution, exploring a client's preferred future and using the client's resources and strengths to achieve that future. SFBT has been applied with parents, children, teens and adults who stammer and can be adapted for use in clinical supervision and team meetings. There will be opportunities for practical exercises, case discussion and observation of videos of work with clients who stammer of different ages and their families.

The video material and case studies presented during the two day workshop involves clients who stammer, however the approach is applicable to all clients with speech, language and communication difficulties and their families.

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 – the first session and second and subsequent sessions;
- be familiar with questions that encourage clients to identify their best hopes and preferred future and their resources and strengths; and
- be familiar with how to adapt the approach for clinical supervision.

Course Content

Day One

- outline of the solution focused approach;
- the structure of a session;
- focusing on strengths and resources;
- establishing a client's best hopes;
- identifying in detail a client's preferred future when their problem is solved; and
- identifying instances of success that are already occurring.

Day Two

- the structure of a session continued – scaling and identifying small signs of change;
- the closing of a session;
- second and subsequent sessions – identifying change and highlighting progress;
- adaptations for working with younger children and in groups;
- using the solution focused approach in clinical supervision; and
- round up and discussion – use of the solution focused approach in participants' clinical settings.

De Shazer, S (1985) de Shazer, S. (1985) Keys to Solutions in Brief Therapy. New York: W.W. Norton
Ratner, H, Geroge, E & Iveson, C. (2012) Solution Focused Brief Therapy: 100 Key points & techniques.
London: Routledge

**Whittington Health runs the services at the Michael Palin Centre for Stammering Children with
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