



## Solution-Focused Approaches

Presenter: Christine Sweeney, LCSW-R

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### Program Abstract/Description

Solution-Focused Approaches is an experiential training in the use of Solution-Focused (SF) counseling techniques. This training derives directly from the curriculum created by the Solution-Focused Brief Therapy (SFBT) Association founded originally by Insoo Kim Berg. Students will learn about the fundamental beliefs underlying the SFBT approach. Students will have the opportunity to observe videos of Insoo and Steve performing these techniques. Students will then practice these techniques themselves.

After completing the training, students will:

Know the fundamental philosophy underlying the SFBT approach to counseling and how that differs from most traditional therapeutic approaches.

Know and have experience using SFBT techniques such as: identifying strengths and resources, building hope, co-constructing solutions, amplifying success and complementing.

Know and have experience using the “language of change.”

### References:

Berg, Insoo Kim & Steiner, Therese (2003). *Children’s Solution Work*, W.W. Norton & Company, New York, NY.

De Jong, Peter & Berg, Insoo Kim (2007). *Interviewing for Solutions*, Thomson Higher Education, Belmont, CA.

Fiske, Heather (2008). *Hope In Action: Solution-Focused Conversations About Suicide*, Taylor and Francis Group, New York, NY.

O'Hanlon, Bill. (2003). *In Search of Solutions*, W.W. Norton & Company, New York, NY.

Program Type: Training that includes lectures, practical exercises, and video clips.

Presenter's Bio: Christine Sweeney, LCSW-R has worked as a clinical social worker for 20 years. She's worked with the developmentally disabled, foster and adoptive children, children with severe emotional disorders, and adults with substance abuse disorders. She and her staff developed a solution-focused treatment program during her time supervising programs for at-risk youth. She and her staff attended the National SFBT Conference 3 times. She has completed the SFBT Train the Trainer curriculum. She and her staff presented at the 2010 National SFBT Conference in Bakersfield, CA on the use of SFBT in home-based counseling. She serves as an adjunct professor for the School of Social Work at Syracuse University. She is also the Director for Horizons Clinic of Arc of Onondaga in Syracuse, New York.