

To Book a place on this workshop please complete the tear off section below and send together with your cheque payable to:

Surrey Counselling Training

Send to:

The Bookings Secretary

c/o 4 Weldon Drive

Bishop Fox Way

Molesey,

KT8 2NT

We are planning a selection of workshops during the year. If you are interested please indicate below.

Payment £48 to arrive not later than Friday 24th

February 2012.

There are limited spaces so early booking is advisable.

Tear Off below

**To the Bookings Secretary Surrey Counselling Training
(Solution Focused Therapy—An introduction)**

NAME

ADDRESS

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TEL No

Email address

I am also interested in the following

General interest—keep me posted

Working with Asperger Syndrome

Working with Dreams

Working with Body Dysmorphia

Surrey Counselling Training offers a variety of courses ranging from Counselling Training, day to day life skills, workplace skills, specific training for schools staff and Continuing Professional Development Courses for Counsellors & Psychotherapists.

Continuing Professional Workshops

Subject areas include:

Coaching skills for Counsellors

Counselling Children and Young People

Ethical Dilemmas in Counselling

NLP for Counsellors

Understanding Substance Misuse

Safeguarding Children

Sand Tray Work with Clients

Solution Focused Brief interventions

Supervision Training

Working with Addictions

Working with Survivors of Sexual Abuse

Working with Eating Disorders

Please see our website for information:

www.surreycounsellingtraining.org.uk

Contact Address:

4 Weldon Drive

Bishop Fox Way

Molesey, KT8 2NT



**Continuing Professional
Development
Workshop**

**Solution Focused Brief
Therapy—An introduction
Saturday 10th March 2012**

10.00 am—4.00 pm

**Venue: Surrey Cricket
Centre**

George Abbot School

**Woodruff Avenue,
Guildford**

GU1 1XX

**Do not send bookings to this
address**

Contact 07903 684 705

SOLUTION FOCUSED BRIEF THERAPY

— AN INTRODUCTION

Saturday 10th March 2012;

10.00 am (arrivals 09.30)

Concludes 4.00 pm

Venue:

Surrey Cricket Centre

George Abbot School, Woodruff Avenue

Guildford, GU1 1XX

Programme

09.30 Welcome, Registration & Refreshments

10.00 Introduction and overview

10.30 Exploring preferred futures

11.30 Break

11.45 Discovering pieces of the preferred future in the present

13.00 Break for lunch

13.45 Determining next steps

14.45 Break

15.00 Integration and conclusion

16.00 Close

Martyn Lloyd

Martyn has worked for almost 25 years in a wide range of counselling settings in the private, public and voluntary sectors. He has taught counselling to Foundation Degree level and is an experienced workshop presenter.

He currently works at Brunel University in West London, providing counselling to students and staff. Whilst many of the settings in which he has worked have demanded a time-limited approach, Martyn would describe himself as a brief therapist by choice rather than necessity. He believes that a counselling approach that is based on economy (rather than rationing) is inherently respectful of clients.

The Workshop:

This workshop offers a brief introduction and overview of the key interventions of Solution Focused Brief Therapy (SFBT) —an approach developed initially by Steve de Shazer and his wife Insoo Kim Berg at their therapy centre in Milwaukee, USA.

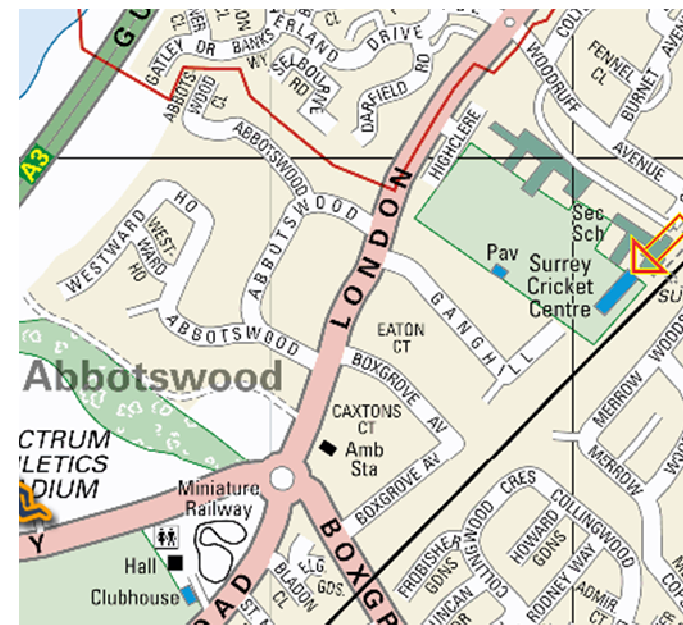
Contrary to common belief the model was not developed in response to demands for time-limited therapy, but was derived from close observation and recording of those interventions that clients found most helpful. More of a method than a theory, SFBT has become a popular model not only in the world of therapy, but in related fields such as coaching.

The workshop aims to provide participants with practical skills and offers opportunities for the observation, practise and discussion of the principal interventions of SFBT. Handouts and resources for further learning will be provided.

Lunch: Please bring a packed lunch.

Parking: There is ample car parking adjacent to the Centre — details will be sent to all delegates

Attendance / CPD Certificate: 5 hrs CPD



LOCATION : - Surrey Cricket Centre, George Abbot School, Woodruff Avenue, Guildford, GU1 1XX

DETAILED INSTRUCTIONS WILL BE SENT TO ALL DELEGATES.

The Solution Focused Approach

Two concepts lie at the heart of the solution focused approach.

Nobody is perfect and this applies to our problems as well as everything else. If no-one can 'do' their problem perfectly there must always be times when they don't do them so well.

The second - that knowing where you want to get to makes the getting there much more likely. One of the common consequences of a serious problem is that it clouds our view of the future. Solution focused practitioners ask lots of questions about what life might be like if the problem was solved.