



Interested in Learning More??

Basic Classes (No Prerequisites Required):

Solution-Focused Basics Overview (0.5 day):

This abbreviated class gives an overview of Solution-Focused Thinking. The focus of this training is on understanding the tenets and philosophy developed by Steve de Shazer and Insoo Kim Berg and on recognizing the key interventions. Participants will be able to understand how they can use this different way of thinking about problems and solutions. This is the ideal training for those who want to continue using their current treatment modalities, but would like to incorporate solution-focused ideas and interventions. This training is also ideal for non-therapists (teachers, administrators, ministers, nurses, etc.) who want to learn a new way to interact with people and think about change.

Solution-Focused Dual Diagnosis Treatment (1 day):

New to Solution-Focused Brief Therapy? This is the course for you. This training offers all the basic information about Solution-Focused Brief Therapy as well as gives specific examples throughout the day regarding how this approach works with mental health disorders, including substance dependence and misuse. The focus of this training is on gaining the knowledge through discussions and other didactic methods and on seeing the approach in action through demonstrations. This is the ideal class for those who want to really understand what SFBT is and how it works with complex problems.

Solution-Focused Brief Therapy Basics (2 day):

Ready to really start practicing and learning how to apply this model? Then this is the preferred introductory training for you. This 2-day intensive class provides all of the basics as well as plenty of demonstrations and times to practice. This is the ideal training for therapists who want to learn a new model and be able to leave the class and begin to practice this new way of working with clients.

Solution-Focused Animal-Assisted Therapy (1 day):

Do you love dogs and wonder how you can bring the therapeutic benefits of the human-animal bond into a professional setting? This training explains how to effectively use highly trained therapy dogs in the change process. How to address allergies, phobias, and liability are just some of the many elements covered. In addition, this training demonstrates how a therapy dog can be purposefully used to make therapeutic gains that humans alone cannot.

Intermediate to Advanced Classes (All Require Prior Attendance of One of the First Three Classes Listed under the Basic Classes Section or the Equivalent. See Specific Requirements Listed Below.):

Advanced Solution-Focused Brief Therapy (1 day):

Already taken the 1 or 2-day Solution-Focused Basic training and ready for more? This is the class for you. This training is recommended for those who have already learned the basics, have been practicing on their own, and now want more to fine tune their work with clients.

Working with Externally Motivated Clients (1 day):

Do you work with clients who are mandated into treatment? This training focuses on client engagement and retention. Special focus is on how to work with the client to hear what is at his or her heart. (Prerequisite – minimum of the Solution-Focused Basics Overview or the equivalent)

Solution-Focused Group Therapy (1 day):

Learning how to apply Solution-Focused Brief Therapy with individuals, couples, and families can be difficult enough. This training takes on the challenge of using this approach effectively in a group setting. (Prerequisite – minimum of the 2-day Solution-Focused Basics, the Solution-Focused Dual Diagnosis Class, or the equivalent)

Being Solution-Focused in a Problem-Focused World (0.5 day):

Ever wonder how to apply this approach when you work in a problem-focused agency under problem-focused regulations? This is the training for you. This training will explore how to “translate” solution-focused work into language auditors can understand so you get credit. (Prerequisite – minimum of the Solution-Focused Basics Overview or the equivalent)

Solution-Focused Substance Abuse Treatment (1 day):

Substance misuse is a common presenting problem. This training addresses this issue and explores how this approach can be effective with the most challenging client. Dual diagnosis issues will also be addressed. (Prerequisite – minimum of the Solution-Focused Basics Overview or the equivalent)

Solution-Focused Supervision and Management (1 day):

If you supervise staff, manage a program, or simply want to understand how such a simple approach could possibly work for someone in a leadership position, this is the training for you. In addition, this training will discuss the necessary steps to change problem-focused agencies to solution-focused. Basic agency culture and creating team/program safety will also be reviewed. Lastly, paperwork and dealing with governing agencies will be explored. (Prerequisite – minimum of the Solution-Focused Basics Overview or the equivalent)

Visit www.denversolutions.com or call (303) 941-4497 for class dates or to register.