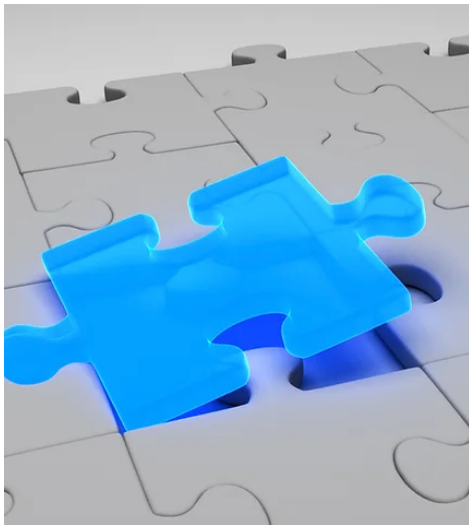


SOLUTION FOCUSED CONVERSATIONS

BRIEF CPD WORKSHOP
FOR COUNSELLORS, PSYCHOLOGISTS & MENTAL HEALTH
PRACTITIONERS



Third Wave Psychologist is pleased to host a series of brief Continuing Professional Development (CPD) workshops dedicated to supporting mental health practitioners to develop practical, evidence-based skills & techniques to enhance their clinical practice.

These short, accessible workshops focus on experiential tools & techniques that clinicians can utilise in their everyday practice, up-skilling clinicians in strategies to address issues & difficulties that commonly present alongside mental health conditions, for example sleep disturbance, 'stuckness', emotional dysregulation, physical health conditions, self harm & suicidal ideation.

BOOKING FEE

£45.00

(20% discount if booked 2 weeks
prior - Use Code - EARLYBIRD20)

THIRD WAVE
PSYCHOLOGIST

To register your
place please visit:

[SFT_Conversations.eventbrite.co.
uk](https://www.thirdwavepsychologist.co.uk/SFT_Conversations.eventbrite.co.uk)

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SOLUTION FOCUSED CONVERSATIONS

Solution-Focused Therapy (SFT) is a narrative therapy approach that focuses on the stories we tell (to our selves, through our thoughts, as well as shared stories we create in systems e.g. families) about our lives, our experiences & our difficulties. For many people their stories focus on problems & difficulties, whilst neglecting strengths & resources. SFT supports individuals, couples & families to explore their stories about their experiences, with the aim of uncovering more helpful, productive & solution-orientated ones.

This workshop focuses on developing key SFT skills & techniques to build into clinical conversations with clients who may be experiencing 'stuckness' in relation to a problem, hopelessness & helplessness or whose experience may be dominated by problems. These approaches include developing a future-focus, goal setting, scaling & solution-orientated questioning.