

Fostering Hope and Possibilities: Fundamentals of Solution-Focused Practice when working with Youth and Families Coping with Trauma

Anne Bodmer Lutz, BSN, MD



Friday
April 20, 2018
9 am – 4 pm

Fees

\$125
\$140 after 4/13

Location

Thompson Conference
Center, UT Austin

CEUs

6.0 CEU/6.0 contact hours

Approved for

- Social Workers
- LPC
- LMFT
- LCDC/TAAP - R
- Psychologists

This workshop will provide an overview of the fundamentals of the evidence-based approach of Solution-Focused Brief Therapy. Emphasis will be placed on how to use this method to uncover resources and resilience factors in multi-stressed adolescents and their families, including those coping with trauma and substance use disorders, and to engage externally motivated youth and their families. Participants will learn how solution-building differs from problem-solving, learn practical tools to uncover a patient's strengths and resources, and how to use a system's perspective to utilize client's resources and enhance goal negotiation. Participants will immediately implement the practical skills and learn through a combination of didactics, plenty of interactive practice exercises, video examples and case examples.

Participants will be able to:

- Discuss the unique aspects of solution-focused therapy and how this differs from a problem-focused perspective
- Identify and describe solution-focused skills that assist in engaging with children and families coping with trauma and substance use disorders
- Practice the skills of identifying and amplifying positive differences (exceptions), uncovering resources and strengths
- Practice creating several types of solution-focused questions

Anne Bodmer Lutz, BSN, MD is the Director of The Institute for Solution-Focused Therapy, and a board certified adult, child, and adolescent psychiatrist. She is the author of *Learning Solution-Focused Therapy: An Illustrated Guide*. Lutz is an assistant professor of psychiatry at the University of Massachusetts, worked in community mental health and as the medical director for a residential treatment center integrating Solution-Focused approaches within their treatment setting.