

SUMMER REGISTRATION NOW OPEN

Solution-Focused Brief Therapy (SFBT) in Higher Education: Open Coaching Series

with the Institute for Solution-Focused Therapy (ISFT)

Designed for Illinois higher education professionals

Join Anne Bodmer-Lutz, MD, to gain practical, strengths-based skills in brief intervention and better support college student mental health.

- ✓ Join one or multiple sessions — open enrollment runs from May 2025 to January 2026
- ✓ Continuing Education provided through ISFT at each session ([details here](#))

No prior experience with SFBT is needed to participate and there is no cost to attendees. Learn more about the curriculum plan and future sessions [here](#).

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JULY

THE SOLUTION-FOCUSED MINDSET: CARING FOR YOURSELF WHILE SUPPORTING OTHERS

10 AM - 12 PM CST

AUDIENCE: ANY STAFF SUPPORTING STUDENT MENTAL HEALTH

14
AUG

SOLUTION-FOCUSED ADVISING: TURNING ACADEMIC SETBACKS INTO GROWTH

9 - 11 AM CST

AUDIENCE: CAREER SERVICE STAFF & ACADEMIC ADVISORS

25
SEP

SOLUTION-FOCUSED TOOLS FOR CAMPUS COLLABORATION AND CRISIS NAVIGATION

9 AM - 12 PM CST

AUDIENCE: ANY STAFF SUPPORTING STUDENT MENTAL HEALTH