



Hope in Practice: Applying Solution-Focused Communication Techniques in Response to Crisis

Presented by Laura Aagaard, MA, MS

Sponsored by the Lutheran Faith Community Nurse Association

Course Description: As a faith community nurse, or other professional in ministry, you are on the front lines of mental health and substance use care. It is possible that you engage with people and their families during some of their most vulnerable moments. This interactive session introduces attendees to the Solution Focused model, an evidence-informed, strengths-based approach that emphasizes hope, possibility, and patient resources over pathology, diagnosis and problems.

Rather than focusing on what's wrong, this model guides faith community professionals in helping people move toward hope, and what is possible. Participants will learn and practice strategies such as the miracle question, scaling techniques, and exception finding, all tailored for use in time-limited, high-stress community environments.

OBJECTIVES: At the end of this session:

- Spot the Shift: Describe the Solution-Focused Brief Therapy (SFBT) model assists in directing conversations from focusing on problems to uncovering possibilities using application of with substance use, anxiety and depression.
- Use the Tools of Hope: Identify and apply at least three key techniques—such as the miracle question, scaling, and exception-finding—to support change in patients with depression, anxiety, and substance use.
- Reframe the Dialogue: Practice language that highlights patient strengths and small successes, even in brief or high-pressure nursing encounters.
- Bring It to the Bedside: Adapt solution-focused strategies to real-world nursing settings, helping patients envision progress and regain a sense of agency.

DATE: October 7, 2025

TIME: 3-5 pm AKT, 4-6 pm PT, 5-7 pm MT, 6-8 pm CT, 7-9 pm ET

Laura is a faculty member at the University of CO, College of Nursing, situated on the Anschutz Medical Campus. With a rich professional history spanning since the early 1980s, Laura has been actively engaged in consulting, teaching, and training professionals across diverse domains.

Her expertise lies in several key areas, including wellness, communication strategies such as motivational interviewing, and solution-focused conversations. Laura plays a pivotal role in collaborating with interdisciplinary teams within the healthcare sector to implement best practices and foster team-based care.

Adding to her professional repertoire, Laura holds various certifications in complementary, non-pharmacological modalities to support pain management and enhance overall wellness. This diverse skill set underscores her dedication to holistic and patient-centered approaches to healthcare. She has worked in all sectors of counseling in behavioral health including education, inpatient, outpatient, and aftercare settings including a private practice. As well as specialized certifications in all facets of mental health, Laura is also certified in Jean Watson's, CARITAS coach and personal development coaching and business coaching. Laura pursued secondary training in Christian mediation and arbitration early in her career.

Registration fee: \$30 for LFCNA members/\$50 for non-members

Nursing Contact hours provided: 2.0 (see below)

While the primary audience for this event is Faith Community Nurses, nurses who are not members of LFCNA, and non-nurses are encouraged to attend.

TO REGISTER FOR THIS EVENT PLEASE FOLLOW THIS LINK: <https://lutheranfcna.org/event-6302058>

This nursing continuing professional development activity was approved by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.