

Introducing the Solution-Focused Approach - Course Aims & Objectives

Introduction

The solution-focused approach offers ways of having conversations that help change to happen. As these conversations focus on people's hopes and "preferred" futures, and on what people are already doing that might contribute to the realisation of their hopes, the approach also helps to create co-operative relationships between workers and service users.

This course will introduce all the major components of solution-focused conversations and provide opportunities to practise the skills involved. As well as developing these skills and confidence in using them, participants will also develop an understanding of the underlying principles.

The Programme

The three days will consist of a mixture of explanation, demonstration, practice and discussion - with the emphasis on practice.

The first two days will provide an overview of the solution-focused process, and cover all the different aspects of the approach.

The third day is an integral part of the programme, and will enable participants to connect their learning about solution-focused practice with their work contexts and roles, a process that will have already begun in the one-week gap between the two introductory days.

Learning Objectives

By the end of the three days, participants will

1. Have a clear understanding of the principles of the solution-focused approach
2. Be able to apply the approach in their work contexts
3. Be able to follow the whole solution-focused process in planned ways, and also use parts of the approach more spontaneously during conversations that arise in their work
4. Have resources, including their own ideas, for adapting the approach to fit their roles and tasks.

The Trainer

Guy Shennan first used the solution-focused approach as a social worker, and is now a solution-focused practitioner, consultant and trainer.

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