

# Brief Interventions; Solution Focussed Approaches

(Advanced [ relevant all areas] 2 days

2009/2010

Do you want to make the most of the time you have with individuals? Do you want to cut through to a future orientated focus on the solution to problems?

This practical course will equip you to use these powerful techniques in your work with children, young people and families.

Previous knowledge of counselling theory and/or skills is an advantage, but not essential to the course.

The group for this very practical 2-day course is limited to 12 places

#### Trainers:

**Jeanette Nissen**

(Primary Mental Health Worker)

**Milly Carmichael**

(Multi-agency Training Co-ordinator)

#### Aim

To increase confidence and skills in using brief intervention, solution focussed techniques in working with young people.

#### Learning Outcomes

- To recognise the impact of personal self-esteem and self-worth on your own practice
- To recognise the difference between solution-focussed techniques and more traditional approaches.
- To demonstrate increased confidence and skills in applying the techniques
- To add a number of new 'tools' to your own 'tool-box' when working with children, young people and families
- To be sensitive to the cultural application of these techniques and the considerations we need to make when using them

#### Venue Oaktree Centre, Priory Road, SN3 2HA

March 25 <sup>th</sup> & April 1 <sup>st</sup> 2010	(Thurs)	09.30 – 16.30
May 27 <sup>th</sup> * June 10 <sup>th</sup> 2010	(Thurs) 2 wks between training	09:30 – 16:30
September 16 <sup>th</sup> & 23 <sup>rd</sup> 2010	(Thurs)	09:30 – 16:30
December 2 <sup>nd</sup> & 9 <sup>th</sup> 2010	(Thurs)	09:30 – 16:30
One more date between Jan – Mar 2011 – tbc		

#### If you like this...you might like these...

This skills-based training, introducing the key skills of the solution-focussed approach is a useful adjunct to all courses within the multi-agency training programme.

Anyone with previous training or experience in these techniques may want to explore alternative, more specialised, training provision in this area.

#### What have previous delegates said about this course?

*"Excellent course and will greatly enhance future work"*

School Nurse

*"Very beneficial and will look forward to using my new skills in the workplace"*

Social Worker

*"I found the practical aspects of the course extremely valuable"*

Student Support Worker

#### **\*\*Please note\*\***

**This course is fully subsidised but non-attendance and cancellations that cannot be filled will be charged at £75 per day. If you leave early or arrive late you may forfeit your certificate of attendance**

All applications to be sent to [Tbrown2@swindon.gov.uk](mailto:Tbrown2@swindon.gov.uk) or Tracey Brown, Floor 9, DMJ Building, Canal Walk, Swindon, SN1 1LD