



The SFT for Mental Wellness Series: Workshop on Introduction of Solution Focused Therapy

(Course Code: **HKOTA-O-00-24-0021**)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date: 4 July 2024
Time: 7:00 pm to 10:00 pm
Venue: Zoom Webinar

Targeted Participants:

Occupational Therapists who are interested in Solution Focused Therapy (SFT)

Capacity:

80 (first-come-first serve, priority to HKOTA members, especially those working in mental health services, working with care-givers or at District Health Centres)

Speakers: (Please refer to Appendix I for the details)

Mr. John Henden,
BA(Hons) RMN DipCouns, MBACP, FRSA; International leading expert in the SF approach

Course Fee:

HKOTA members	HKD 300
Non-members	HKD 600

*This workshop outline an overview of the SFT series, supporting the basic understanding of another Zoom webinar workshop on “The Key Skills of SFT (13/7/2024 pm, 20/7/2024 pm & 3/9/2024 pm); as well as the upcoming TWO one-site advanced workshops on “The SFT Approach to Severe Trauma & Stress” (18-19/11/2024) AND “Preventing Suicide: the Solution Focused Approach” (14-15/11/2024). OTs who are interested on the above basic zoom workshop and on-site advanced workshops are highly recommended to take this workshop for gaining basic understanding and knowledge of SFT.

For enquiries, please contact:

Ms Lydia Yip (e-mail: hkotaemail@gmail.com)

Please use the Google form link for application, URL: <https://forms.gle/1ZDqG5OvK2e2kxjw8>

Outline of Workshop: Please refer to Appendix II for the details

Teaching language: English

Deadline for Application: 28/6/2024

Confirmation will be given by 2/7/2024

HKOTA CPD: 3 points

Remarks: e-Certificate of attendance will be issued to participants with FULL attendance of ALL parts of the training programme.



Appendix I – Brief Introduction of Speaker



JOHN HENDEN

BA(Hons) RMN DipCouns(Univ of Bristol) MBACP FRSA

JOHN HENDEN is an international trainer, author, therapist and performance coach. For over 20 years, he worked within UK NHS mental health services firstly as a practitioner, then as a manager, during a time of rapid change. He delivers training courses from a broad portfolio; and also provides organisations with personal coaching and mentoring services. His client list includes NHS Trusts, SSAFA, Compass Ltd (NZ), CRUSE, HM Forces, Helsinki Psychotherapy Institute (Finland), Korzybski Institute (Belgium)

Local Authorities, HM Prison Service, Compass Seminars (Australia), SF Academy (Singapore), Bryukhovychi Seminary (Ukraine), and Krotkotermiowej Therapy Centre (Poland).

John has a background in psychology, is a qualified counsellor and a member of the British Association of Counselling and Psychotherapy (BACP). He is also a presenter at both the European Brief Therapy Association (EBTA) and Solutions Focus in Organisations (SFIO), being a founder member of the latter.

John delivers a broad portfolio of 2-day and 3-day intensive solution focused brief therapy workshops to many and various organisations, enabling staff to be more time- and cost-effective. Also, he has developed a special interest in three specialist areas.

The first of these is Solution Focused Recovery from Severe Trauma & Stress. As a SF therapist, he has worked successfully with many survivors of traumatic experiences such as military combat, armed robbery, near-death experiences, rape, road traffic accidents and sudden death. John teaches how both the basic SF techniques and advanced techniques are applied, for successful outcomes with such clients. His two books on the subject are:

Henden, J. (2011). *Beating Combat Stress: 101 Techniques for Recovery*. Wiley-Blackwell; and,

Henden, J. (2017). *What it Takes to Thrive; techniques for severe trauma & stress recovery*. World Scientific Publishing

His second specialist subject area is Suicide Prevention, and the book on this subject, which has been translated into Japanese and is currently being translated into Simplified Chinese, South Korean and Russian, is:

Henden, J. (2017). *Preventing Suicide: the Solution Focused Approach*. Second edition. Wiley-Blackwell



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John's third specialist area is Solution Focused Stress Management and Resilience. (This is also referred to as Solution Focused Healthy Work-Life Balance.)

As a counsellor and therapist for individual work, unsurprisingly, John's preferred approach is Solution Focused. He finds this approach applicable to the widest range of mental health issues, including chronic depression, relationship difficulties, schizo-affective states, alcohol dependency; and, of course, acute stress and anxiety, trauma survivors and suicide prevention. Within the last 30 years, John has worked with some 400 individual clients from public, private and voluntary sector organisations.

As a trainer, in adopting an action-learning approach, John has an energetic and captivating teaching style, which enables participants to remain both alert and involved throughout. His alternating use of short presentations, audio visuals, paired and small group work, ensures not only all learning styles are catered for, but participants find the training both enjoyable and worthwhile.



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Appendix II - Course Outline

Objectives:

- To provide an overview of Solution Focus Therapy
- To introduce the applications of SFT for promoting mental wellness

Programme Rundown:

Time	Content	Speaker
19:00 – 20:00	<ul style="list-style-type: none"> - Aims and objectives - Outline plan for the evening - The origins of SFT - How SFT sits alongside CBT, Person-Centred Therapy and Psychodynamic psychotherapy 	JOHN HENDEN
20:30 – 20:40	Reflection & consolidation of concepts	
20:40 – 21:30	<ul style="list-style-type: none"> - Who fits SFT and who does not; and what criteria do we use? - SFT for all or for most? - Solution-building, not Problem-solving - SFT as a life-changing educational process 	
21:15 - 21:45	<ul style="list-style-type: none"> - Description of the next 4 online sessions and Introduction to the 25+ skills of SFT - Specialist applications of SFT and flagging of November 2-day face-to-face workshops - Summary and Roundup 	



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Important Notes to Participants

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. Should there be any exceptional personal circumstance(s), please kindly appeal in writing. It is subject to the Association's discretion. In such occasion, an administrative charge equivalent to 15% of the application fee will be charged. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, can be arranged.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted to a course, the studentship cannot be changed to another one. In case of exceptional personal circumstance(s), please kindly apply in writing and transfer of studentship will be subjected to HKOTA approval.
4. Should the applicant fail to comply with the payment and refund policy, his/ her enrollment to subsequent HKOTA courses will be affected.

Bad Weather Arrangement

If the training session has not yet started: If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following hours of the day, the training will be cancelled as indicated below.	
6:00 a.m.	Morning session that starts before 2:00 p.m.
11:00 a.m.	Afternoon session that starts between 2:00 p.m. & 6:00p.m.
3:00 p.m.	Evening session that starts from 6:00 p.m.
For workshop or seminar that have already started:	
When Typhoon Signal No 8 or above is hoisted	Immediately suspended
When Black Rainstorm Signal is in force	Continue