



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

(Course Code: HKOTA-O-00-24-0020)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date & Time: 13 July 2024 (Saturday) 7:00 pm to 10:00 pm [Part Ia]
20 July 2024 (Saturday) 2:30 pm to 5:30 pm [Part Ib]
Assignment [Part II]
3 September 2024 (Tuesday) 2:30 pm to 10:00 pm [Part IIIa & IIIb]

Venue: Zoom Webinar

Targeted Participants:

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

Capacity:

80 (first-come-first serve basis, 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 1,200
Non-members	HKD 1,800

*This entire workshop consists of 4 parts, including assignment. This workshop is an important foundation for 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 advanced workshops are highly recommended to take this workshop as a pre-requisite and familiarizing themselves for core foundation knowledge, skills and techniques.

For enquiries, please contact:

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

Please use the Google form link for application, URL: <https://forms.gle/4LTu7xd7wx94EhSAA>

Course Outline: Please refer to Appendix II for the details

Teaching language: English

Deadline for Application: 3/7/2024

Confirmation will be given by 8/7/2024

HKOTA CPD: 12 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 the 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:



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

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

[Part Ia & Ib] 13/7/2024, Saturday, 19:00 - 22:00; 20/7/2024, Saturday, 14:30 - 22:00

Description:

These two workshops, which are building on the workshop on Introduction of SFT on 4 July 2024, is designed to teach the first 12 basic skills of SFT, giving participants time to practise these in breakout rooms, after first seeing them demonstrated by the trainer. Both the simplicity and the effectiveness of each will be made clear and illustrated by casework examples.

During the two 3-hour sessions during the day, participants will develop an appreciation of SFT being both an affirming and empowering process when working with people experiencing difficulties in their lives. Also, it will be emphasised that SFT is not a ‘techniquey’ approach, as the specific tools and techniques are introduced appropriately, as part of the therapeutic relationship. A relationship flow diagram will be referred to illustrate this.

[Part II] Self-paced assignments to be completed before Part IIIa & IIIb course.

[Part IIIa] 3/9/2024, Tuesday, 14:30 – 17:30

Description:

This workshop, which is the third in the series of four, teaching the key skills of SFT, is designed to teach a further 7 basic skills, giving participants time to practise these in breakout rooms, after first seeing them demonstrated by the trainer. Both the simplicity and the effectiveness of each will be made clear and illustrated by casework examples.

During the 3-hour session, participants will develop an even greater appreciation of SFT being both an affirming and empowering process when working with people experiencing difficulties in their lives.

By the end of this third workshop, participants will have a greater understanding of how the SFT approach ‘flows’, when working with clients.

[Part IIIb] 3/9/2024, Tuesday, 19:00 – 22:00

Description:

This workshop, which is the fourth and final in the series, teaching the key skills of SFT, is designed to teach a further 6 basic skills, again giving participants time to practise these in breakout rooms, after first seeing them demonstrated by the trainer. Both the simplicity and the effectiveness of each will be made clear and illustrated by casework examples.



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During the 3-hour session, participants will have developed a fuller understanding of how SFT is applied when working with people experiencing difficulties in their lives. Solution focused questioning should be almost second nature when in conversation with clients.

Equipped with the greater knowledge and skills of SFT skills, participants will be recommended essential SF books to read for further study and be encouraged to register for the following two 2-day specialist face-to-face workshops.



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Programme Rundown:

**ALL outlines are subject to adjustment according to participants' progress.*

[Part Ia] 13/7/2024, Saturday, 19:00 - 22:00

Time	Content
19:00 – 19:15 (15 mins)	Introduction of key skills of SFT
19:15 – 20:30 (75 mins)	<ul style="list-style-type: none"> • Aims and objectives • Hopes and expectations • Overview of workshops • Questions arising from 4/7/2024 Introductory session • Feedback from the pre-course reading • Scaling confidence • Reminder of the basic principles, beliefs and assumptions of SFT
20:30 – 20:45 (15 mins)	Q & A session
20:45 – 22:00 (75 mins)	Skill Lab: <ul style="list-style-type: none"> • Acknowledgement and Validation • Formula First Session Task • Problem Free Talk and Joining with the client • The Relationship flow chart, revisited • Questions for client goals • Redefining 'depression'

[Part Ib] 20/7/2024, Saturday, 14:30 - 17:30

Time	Content
14:30 – 15:45 (75 mins)	Skill Lab: <ul style="list-style-type: none"> • The Miracle Question • Fast Forwarding the DVD • 'The Link Statement' and Scaling
15:45 – 16:00 (15 mins)	Q & A session
16:30 – 17:30 (90 mins)	Skill Lab: <ul style="list-style-type: none"> • Presuppositional language • Reframing Absolute Statements • Pre-session change and Between-session change • Exceptions to the problem • Q&A session • Summary and Roundup

[Part II] Self-paced assignments to be completed before Part IIIa & IIIb course.



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[Part IIIa] 3/9/2024, Tuesday, 14:30 – 17:30

Time	Content
14:30 – 14:45 (15 mins)	Consolidating previous content
14:45 – 16:00 (75 mins)	<ul style="list-style-type: none"> • Aims and objectives • Hopes and expectations • Outline plan for today’s 3-hour session • The 4 x stage process for second and subsequent sessions • Clients’ attempted solutions • Fast Forwarding the DVD and Scaling – Exercise in 3s with real-life issue
16:00 – 16:15 (15 mins)	Q & A session
16:15 – 17:30 (75 mins)	Skill Lab: <ul style="list-style-type: none"> • Fast Forwarding the DVD and Scaling – Exercise in 3s with real-life issue – cont’d • Generating possibilities • ‘Watering the flowers, not the weeds’ • Paradoxical intention (Reverse Psychology) • Summary and Roundup

**Extended break from 17:30 – 19:00*

[Part IIIb] 3/9/2024, Tuesday, 19:00 – 22:00

Time	Content
19:00 – 19:15 (15 mins)	Consolidating previous content
19:15 – 20:30 (75 mins)	<ul style="list-style-type: none"> • Aims and objectives • Hopes and expectations • Outline plan for today’s 3-hour session • The power of Compliments • Small steps towards the goal • The SF Feelings Tank
20:30 – 20:45 (15 mins)	Q & A session
20:45 – 22:00 (75 mins)	Skill Lab: <ul style="list-style-type: none"> • ‘Wise old you’ • ‘Deathbed scenario’ • Reflective Summarising • Ending a session • Q&A • Re-scaling confidence • Summary and Roundup • Recommended reading • Introduction of November’s 2 SFT specialist application 2-day workshops



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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

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