



Online Four-evenings workshop on The 25 Basic Tools & Techniques of Solution Focused Brief Therapy

(Course Code: HKOTA-0-00-23-0015)

Organized by the Hong Kong Occupational Therapy Association Ltd

Date : 31 July, 2,3 & 4 August 2023 (Mon, Wed, Thu & Fri)
Time : 7:00pm to 10:15pm, HKT
Workshop feature : Zoom meeting

Targeted Participants: Occupational Therapists

Capacities:

40 (first-come-first serve basis)

Course Fee:

HKOTA-members: HKD\$2,800 (Enroll on or before [25/7/2023](#)); HKD\$3,200(Regular)

Non-members: HKD\$3,800 (Enroll on or before [25/7/2023](#)); HKD\$4,200 (Regular)

Speakers: (Details please refer to Appendix I)

Mr. John Henden

Course Outline:

Details, please refer to Appendix II

**Pre-reading is required prior to attending the course.*

**30% off for those who has completed Online Evening workshop on "How to Improve our Emotional Wellbeing and Self-care in these Post Pandemic Times - A Pre-requisite to Provide OT Service to People and Families with Severe Stress and Trauma" dated 13/7/2023.*

**This course is a foundation of face-to-face workshop "SF Recovery from Severe Trauma & Stress" dated 6-7/10/2023.*

For enquiries and registration, please contact:

Ms Lydia Yip (email: hkotaemail@gmail.com)

Deadline for application: 26 July 2023

Confirmation will be given by 28 July 2023

HKOTA CPD: 12 points

Remarks: Certificate of attendance will be issued to participants with full attendance.

Following the implementation of mandatory CPD with effective from 1 July 2023, attendance certificate and CPD would only be awarded to participants who has full attendance to the entire course. All CPD-bearing courses over Zoom / Webinar require a recognizable log-in, screen name, as well as turning on of the camera at all times.



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**This course is a foundation of face-to-face workshop "SF Recovery from Severe Trauma & Stress" dated 6-7/10/2023.*

Please go to the Google link as below for application:

<https://forms.gle/9TSS6ug9vFX4J56E8>

****Complete enrollment should be completed on the Google form and received the full payment from the applicants.**

Cheque payable to: **Hong Kong Occupational Therapy Association Ltd.**

Address: Workshop D,13/F, Haribest Industrial Building, No 45-47 Au Pui Wan Street, Shatin, N.T.

Attention: CE Sub-Committee (The 25 Basic Tools & Techniques of Solution Focused Brief Therapy)

Appendix I

About the speaker

Mr. JOHN HENDEN BA(Hons) RMN Dip Couns(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, Korzybski Institute (Belgium) Local Authorities, HM Prison Service, Compass Seminars Australia, SF Academy (Singapore) 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 in Organisations Link-up (SOL), 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 is currently being translated into Japanese and Russian, is:

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 Balancing.)

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.

Appendix II

WORKSHOP ABSTRACT, CONTENT & RUNDOWN

ABSTRACT

This four evenings intensive Zoom workshop is part of the SFT Series for Facilitating Change and Well-being 2023. It is designed to teach the basics of the Solution Focused approach to workshop participants, as a lead up to the 2-day face-to-face event on 6-7th October in Hong Kong, entitled 'Solution Focused Severe Trauma & Stress Recovery'.

During the workshop, participants will be introduced to the basic assumptions, principles and beliefs of SF; and, over 25 tools and techniques will be described and demonstrated. In the breakout rooms there will be ample opportunity to practise many of these tools and techniques, thereby increasing confidence to apply them in their everyday working contexts.

WORKSHOP CONTENT

- Feedback on Pre-workshop reading
- Learning outcomes/training objectives
- Hopes and expectations of the 2 days (4 evenings)
- Key skills
- How SFBT sits within C-BT and Person-Centred approaches
- Basic assumptions, beliefs and key principles of SF
- SF in a nutshell
- Solution building, not problem solving
- Relationship flow chart
- Formula First Session Task
- Problem-free talk
- Defining the issue/difficulty/worry
- Pre-session change
- Finding exceptions to the problem
- Attempted solutions and going with what works
- Goals – the importance of being realistic, small, measurable, achievable, realistic, time limited and future-focused
- The 5 o’Clock Rule for First Sessions
- The miracle question and other ways of finding goals
- Scaling: progress, confidence and motivation
- The power of compliments
- The value of small steps
- Second and subsequent sessions: Eliciting positive change; Reinforcement; Amplifying the change; and, Building on improvement
- SF as an empowering and affirming approach
- Strategies for dealing with setbacks
- The use of analogy, stories and metaphor
- Pre-suppositional language
- Techniques for getting unstuck: ‘Wise old you’ and ‘deathbed scenario’
- Ending a session
- Review and roundup of the 2 days
- Presentation of certificates

RUNDOWN

31/7/2023 (Mon)	
19:00 – 20:30 (1.5 hours)	<u>Welcome and Introduction</u> Report back on pre-course reading Training objectives/learning outcomes What we hope to achieve from 2 days SFBT in context Basic assumptions and key principles
20:30 – 20:45	Break
20:45 – 22:15 (1.5 hours)	<u>Key Skills</u> a) Formula First Session Task b) Problem free talk c) Getting the service user to describe the worry/concern/issue d) Pre-session change

2/8/2023 (Wed)	
19:00 – 20:30 (1.5 hours)	<u>Key Skills (Cont'd)</u> e) Exceptions to the problem f) What have been the client's attempted solutions thus far? g) Best hopes/Goals/what the person wants from the work - Use of the miracle question or fast forwarding the DVD
20:30 – 20:45	Break
20:45 – 22:15 (1.5 hours)	<u>Key Skills (Cont'd)</u> h) Scaling i) 'Problem-land' v 'Solution-land' j) 'The 5 o'clock rule' k) The Power of Compliments

3/8/2023 (Thu)	
19:00 – 20:30 (1.5 hours)	<u>Key Skills (Cont'd)</u> l) Small steps m) Service Users' language: the value of reflecting it back
20:30 – 20:45	Break
20:45 – 22:15 (1.5 hours)	<u>Key Skills (Cont'd)</u> n) "Wise old you" o) 'Deathbed scenario' p) Presuppositional language q) Ending a session

4/8/2023 (Fri)	
19:00 – 20:30 (1.5 hours)	<u>Key Skills (Cont'd)</u> r) Eliciting positive change + Reinforcement s) Building on Improvement t) The SF 'feelings tank'
20:30 – 20:45	Break
20:45 – 22:15 (1.5 hours)	Helpful Questions SFBT as an empowering & affirming approach Introduction to the Solution Focused Reflecting Team (SFRT) Use of the SFRT as a model of peer consultation Continuing with challenging cases Summary & Roundup



Important Note to Participants

1. Following the implementation of mandatory CPD with effective from 1 July 2023, attendance certificate and CPD would only be awarded to participants who has full attendance to the entire course. All CPD-bearing courses over Zoom / Webinar require a recognizable log-in, screen name, as well as turning on of the camera at all times.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. If there is exceptional circumstance(s), kindly appeal in writing. It is subject to the Association's discretion. In such occasion, there will be a 15% deduction from the application fee paid for the purpose of administrative charge. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, would be arranged.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted onto a course, the applicants cannot change to another course. In case of exceptional circumstances, transfer studentship is subject to HKOTA approval.
4. Participants are advised to arrive 15 minutes before the programme commences for registration.
5. Switch your mobile phones or any electronic devices to silent mode during the programme.

Bad Weather Arrangement

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