

Solution Focused Brief Therapy

Date: 12th & 13th January 2011 (2 days)
Times: 9.30 a.m. – 4.30 p.m.
Venue: IYS Training Unit, Sprowston, Norwich

Background

Solution Focused Brief Therapy (SFBT) is an approach to 1-1 guidance work that can be used with young people to develop practical solutions and changes in behaviours. SFBT can provide a valuable tool to help young people address personal issues and barriers and develop practical strategies to move forward

Aims

1. To introduce the basic principles of SFBT
2. Provide opportunities to discuss and practice aspects of SFBT
3. Practice case studies and consultations and supervisory skills
4. Consider the applications to the everyday work of course members

Target Group

School/college staff who work with individual young people who present challenging issues and behaviours.

Please note: Spaces are limited and participants must be able to attend the full 2 days of the course.

Costs

This opportunity is provided free of charge.



Solution Focused Brief Therapy

12+13th January 2011

Applicant Name Job Title

Organisation

Address

Tel No: e-mail address:

Special needs/requirements:

**Please return by 20.12.10 to Zoe Stark, IYS Strategy Team, Childrens Services,
Norwich City Football Club, Carrow Road, Norwich, NR1 1HU.
Fax: 01603 227070, e-mail: zstark@connexions-norfolk.co.uk**



Norfolk County Council **or telephone 01603 215369**
at your service

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NORFOLK