

Solution Focused Practice in Statutory contexts

Friday 9th February 2018

09:30 – 09:45 Registration Tea and Coffee

09:45 – 10:00 **Welcome**

10:00 – 11:00 **BRIEF – Harvey Ratner**

11:00 – 11:15 Break – Refreshments

11:15 – 12:15 **D-Bit (Divisional Based Intervention Team)**

12:15 – 12:30 **Questions**

12:30 – 13:30 Networking Lunch

13:30 – 14:30 **Workshop choice 1**

14:30 – 14:45 Break – Refreshments

14:45 – 15:45 **Workshop choice 2**

15:45 – 16:15 **A family Story**

16:15 – 16:30 **Questions and close**

- **Workshop 1 – Anita McKiernan**
 - Title: Solution Focused Practice for clients with additional needs
- **Workshop 2 – Geoffrey James**
 - Title: Solution Focused Coaching for inclusion and wellbeing in schools
- **Workshop 3 – Elliot Connie**
 - Title: SFBT to address client trauma
- **Workshop 4 – Guy Shennan**
 - Title: Seize the moment! Using Solution Focused when the opportunity arises
- **Workshop 5 – Allegra Harrison & Laura Davis**
 - Title: Staying Solution Focused in statutory contexts
- **Workshop 6 – Luke Goldie-McSorley & Felix Frimpong**
 - Title: Solution Focused – Work with families

Keynote Speakers:

Harvey Ratner, BRIEF, London, UK

'Hopes, signs, instances: Developing a different language for Solution Focused Practice'

Harvey is a founding member of BRIEF, Solution Focused training, therapy and coaching agency established in London in 1989 with fellow social workers Evan George and Chris Iveson, and is co-director of the Diploma in Solution Focused Practice. Their publications include *Solution Focused Brief Therapy: 100 Key Points and Techniques*. Inspired by Steve de Shazer's drive to create a therapeutic approach using the simplest and most minimal means possible, the team evolved the opening question for clients 'what are your best hopes from our work together?' which has been the foundation of our work for nearly 20 years. Over that time the team has developed its idiosyncratic version of Solution Focused Practice, and in this presentation Harvey will describe the developments with illustrations from videos of client work

Essex Divisional Based Intervention Team

In this discussion, we will be looking at how much information we receive, what form this takes and what we do with it all. And despite all of this information, we know that from a Solution Focused standpoint, we don't need any information in order to start work with someone and ask them their best hopes from our work. So how do we manage this so that we are in a position to provide the best possible intervention for those we are working with.

Workshops:

Workshop 1 - Solution Focussed Practice for Clients with Additional Needs

By Anita McKiernan - Advanced Specialist Speech and Language Therapist, Clinical Tutor, City, University of London

Solution focus is a powerful approach for clients with a range of needs, but it is one which is reliant on the understanding and use of words, concepts and interactional perspectives.

The heavy linguistic, cognitive and interactional demands of a solution-focused conversation means that a much more creative approach is needed if it is to be accessible to individuals with challenges in these areas.

In this workshop, we will explore how a creative approach to SF allows practitioners to use it when working with clients who find the traditional conversational approach challenging for whatever reason.

Workshop 2 - Solutions Focused coaching for inclusion and wellbeing in schools

By Geoffrey James

Facing the steep rise in exclusion numbers and mental distress, with a new official focus on wellbeing in schools, pastoral staff are on the lookout for a straightforward, effective, educational approach, to replace current strategies with are clearly failing many children and young people. Solutions Focused coaching is making an outstanding difference in meeting student's needs. In this workshop you will hear about some dramatic successes and we'll talk about your own best hopes, with the aim of developing your plan for SF coaching in your context.

Workshop 3 - SFBT to Address Client Trauma

By Elliot Connie – Psychotherapist, Author, Researcher & Lecturer, and Developer of Solution Building Couples Therapy:

Because the Solution Focused Approach does not spend much time, or any time, in session exploring client problems, many professionals have a hard time believing that using this approach can be effective when the reported problem is serious. It's hard for people to believe that asking people about a desired outcome and a series of preferred future questions can be effective when the client has a serious problem such a trauma. In this workshop the presenter will demonstrate how this approach can make a difference in the life of a client who has been through challenging life events.

Workshop 4 - Seize the moment! Using SF when the opportunity arises

By Guy Shennan

There are two ways of using the approach. It can be used as a fully structured approach, in planned sessions, and elements of it can also be utilised in more opportunistic ways within the unplanned conversational contexts in which many helping professionals frequently find themselves..." This is from the beginning of my book, *Solution-Focused Practice: Effective Communication to Facilitate Change*, and at the beginning of my solution-focused journey, when I was a social worker in a children's duty team, I often used the approach in the second way. Coping questions, such as "What are you doing that's helping you to keep going?" led to small shifts when I met people in crisis situations, and small shifts could lead to bigger ones. Asking a young person who had managed to keep his temper when someone was bugging him, "How did you do that?" helped him to realise he could make changes. I was introduced as the new social worker to a mother whose first comment to me was "I don't want my son to be on the register, I want to be a normal mum", and asking her to talk about what that normal mum would be like, both gave her the sense I was taking her seriously, and helped a picture emerge that included the sort of relationship with her son that could contribute to more safety for him. In this workshop we can share more examples and come up with other ideas for using aspects of the approach when the opportunity arises

Workshop 5 - Solution Focused Practice within Safeguarding Contexts

By Allegra Harrison & Laura Davis

Even those who have seen the power of Solution Focused Practice (SF) to enable clients in moving forward with their lives might ask "yes, but how does SF work with risk?" Although critics of SF might say that there is no role for SF in high risk or safeguarding contexts, the presenters of this workshop will seek to demonstrate how SF can work effectively within these situations. From their experiences working within the D-BIT service, Allegra and Laura will bring in specific case examples of using a solution focussed intervention with families subject to child protection plans and/or care proceedings. They will be discussing what has worked well to safely maintain an SF approach in these situations as well as the impact and outcomes for families and young people. Within the workshop the presenters will also reflect on key learning points, and share something of their own professional journey in practising SF within a safeguarding context.

Workshop 6 - Solution Focused – working with families

By Luke Goldie-McSorley and Felix Frimpong

With the focus in much of statutory work being about families, working with families and the inclusion of whole families in interventions Luke and Felix hope to give a taster and insight into how Solution Focused fits so well within this type of work. While Solution Focused is seen across the world in many couples, individual work and coaching environments, this workshop will hope to highlight the magic and value in families collectively sharing their best hopes from the work and description of what life might look like if that happened. They will seek to invite attendee's to imagine together how Solution focused work with whole families happens and how it is used within Essex Childrens Social care to be useful to some of our most vulnerable families.