



National Institute of Mental Health and Neuro Sciences (NIMHANS)

Institute of National Importance
Bangalore-560029

Department of Psychiatric Social Work



**TWO DAY WORKSHOP
ON**

SOLUTION FOCUSED BRIEF THERAPY (SFBT)

Supported by

Dr. Ramachandra N Moorthy Foundation for Mental Health and Neurological Sciences

On 01st & 02nd May 2017 (Monday & Tuesday)

BACKGROUND OF THE WORKSHOP

Solution focused brief therapy (SFBT) is a brief approach or therapy to build solutions to various concerns of clinical, subclinical and non clinical population. Brief Therapy is defined as any psychological intervention intended to produce change as quickly as possible, whether or not a specific time limit set in advance (Eckert, 1993). Brief approaches to helping model have been gaining popularity among the helping professionals. Various factors such as demand of clients to solve their problems quickly, financial constraints of clients to access long term therapies, clients having less time to involve in therapies, health care benefits wouldn't support for higher number of sessions and so on are a few of the reasons which clients and therapists to choose brief approaches. Solution focused brief therapy has more than three decades of history ever since Steve de Shazer & Insoo Kim Berg and their colleagues developed it through an inquisitive approach towards existing practice. It is an approach to psychotherapy based on solution building rather than problem solving. It explores current resources and future hopes rather than the present problems, past causes and typically involves only three to five sessions. Solutions focused therapists viewed clients as an expert on their life and more importantly, what will be useful to them. SFBT can thus be defined as a client centered and collaborative process.

Over a period of time Solution focused approach has gained an important place among the helping models in different settings. It emerged as therapy for mental health issues and has been widely experimented on the different conditions such as depression, anxiety, deliberate self harm, obsessive compulsive disorder, schizophrenia, marital issues, caregiver burden, adolescent parenting and so on.

Solution focused therapy is also one among the well-studied therapeutic model. Reports show that currently there are five meta-analysis and six systematic reviews has already been carried out. More than two hundred outcome studies were carried out in the different part of the world and among which 82 studies were randomized control trials (Macdonlad, 2015). Solution focused intervention has also gained place in the National Registry of Evidence Based Programs and Practices (NREPP) of SAMHSA, US Federal Government (Macdonlad, 2015). It is also observed that Solution-Focused Brief Therapy is an effective approach to the treatment of psychological problems, with effect sizes similar to other evidenced-based approaches, such as CBT and IPT, but that these effects are found in fewer average sessions. Evidences gathered from these studies can be concluded that there are promising results from solution focused therapeutic interventions among different population and for their wide variety of concerns.

However, in India, practice and research on SFBT is in infancy. Lack of awareness about the model among the academicians and practitioners and few opportunities for training of this handy and evidence based approach in our country would be the reason for that. We understand that brief therapeutic models have a significant role in the Indian clinical scenario as we have limited resources to meet high demand. Often clients drop out of the therapeutic process while on a long term therapy as they have not seen expected improvement in a stipulated time frame, structural barriers such as financial constrains, loss of work hours, loss of motivation and so on. And it would be worth to try SFBT in our setting as it has shown promising results in other countries. With this, we aim to take a leading role in training mental health professionals and trainees on SFBT in our country.

OBJECTIVES OF THE WORKSHOP

- To enhance the knowledge of the participants on Solution Focused Brief Therapy in specific to use of solution focused language in therapy
 - Impart practical training on major Solution Focused techniques
 - Develop interest in the participants on Solution Focused Approach in specific areas
 - Develop research interest on Solution Focused Approach among the participants

METHODOLOGY

This workshop will be held over two days, which comprises of lectures, case discussions, role play and skill building.

EXPECTED OUTCOMES

The workshop aims to enhance the knowledge on Solution Focused Approach among Mental Health professionals and as an outcome of its participants to be capacitated to use this empirically tested

helping model in their practice. Expecting research outcome in terms of more professionals would take up Solution Focused Approach as their area of interest and would make valuable contributions to the knowledge of the applicability and efficacy of Solution Focused Approach in Indian Scenario.

ABOUT THE WORKSHOP FACILITATORS

Mr. Jaseem Koorankot, is a Clinical Psychologist by profession and a trained Solution Focused Therapy Practitioner. He is currently working as a Clinical Psychologist in Institute of Mental Health and Neurosciences (IMHANS), Calicut, Kerala and Founder of Academy for Solution Focused Approaches and Research (ASFAR). He is a person who has shown an inordinate passion towards solution focused practice from the beginning of his career. Mr. Jaseem was trained in Solution Focused Brief Therapy under Dr. Peter de Jong, Professor of Social Work, Calvin College in Grand Rapids, Michigan and Ms. Hellen Dellucci. Mr. Jaseem has publications in the area of solution focused practice in International Journal of Solution Focused Practices. He is also a trained Clinical Supervisor of Solution Focused Brief Therapy. He has facilitated several introductory and advance level workshops on solution focused approaches in clinical settings. He is currently pursuing PhD in Psychology from University of Calcutta. He is one among the very few professionals in India who got trained from the trainers who are authorized by the International Alliance of Solution Focused Teaching Institutes (IASTI). Mr. Jaseem is also the founder and General Secretary of Association of Solution Focused Practices – India (ASFP - I), the one and only professional body for Solution Focused practices in India. He is also a member of the European Brief Therapy Association (EBTA) the largest international professional body of Solution Focused practitioners.

Mr. Ijas Abdul Majeed, received his Master of Philosophy in Psychiatric Social Work from National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 2013. He holds a Master Degree in Social Work with specialization of Medical and Psychiatric social work from the Pondicherry University and a Bachelor of Arts in Sociology. Currently he is working as an independent practitioner & trainer and an Associate in Academy for Solution Focused Approaches and Research (ASFAR). Prior to his current position he served as Junior Consultant in Psychiatric Social Work in NIMHANS, Bangalore and Employee Assistance Program (EAP) Counselor in PPC Worldwide, Bangalore. He is also a certified Psychosocial Counselor and also a life member of Indian Society of Professional Social Work (ISPSW) since 2011. He has been showing immense interest in Solution Focused Practice since 2013 and got trained in Solution Focused Therapy under Jaseem Koorankot. His interests include solution focused practices with individuals affected by psychosocial issues and mental illness and in providing training on solution focused practices. He is also an enthusiastic of solution focused supervision. Ijas is an accredited solution focused practitioner by Association for Solution Focused Practices - India (ASFP-I).

WHO CAN ATTEND?

Mental Health Professionals and Trainees from the disciplines of Psychiatric Social Work, Clinical Psychology, Psychiatry, Psychiatric Nursing and Counseling are welcome to attend the workshop.

Please note, only 35 participants will be accommodated - first come first serve basis.

DETAILS OF REGISTRATION

Registration Fees: ₹1000/- (Includes Lunch, Refreshment, Participation Certificate and Workshop Kit)

Accommodation for outstation participants will be offered in the institute premises subject to the availability and the cost should be borne by the participants. (Per day ₹600/- for twin sharing)

Interested candidates can fill up the online registration form after remitting the registration fees.

Link to the registration form - <https://goo.gl/forms/pmyUISzGihPRhIWH2>

All the candidates are requested to remit their registration fees through online transaction (NEFT) to the below mentioned account.

Name of the Account: Director NIMHANS

Account Number: 54004640402

IFSC Code: SBMY0040675

Registration fees need to be remitted before filling the Registration Form. Please follow the Instructions given below for payment before proceeding to registration.

Step 1

Add Director NIMHANS to your Beneficiary List (For those who transfer from personal online Account). For those who are transferring offline can directly start from step 2 by contacting their Bank)

Details of the account

Name of the Account: Director NIMHANS

Account Number: 54004640402

IFSC Code: SBMY0040675

Step 2

Transfer the Registration Fees through NEFT to Director NIMHANS

Step 3

After the successful completion of the transfer, note down the Reference Number or UTR Number which is required to mention in your Registration Form

Step 4

Proceed to fill the online registration form by using the link below

<https://goo.gl/forms/pmyUISzGihPRhIWH2>

For further enquiry contact

Dr. A Thirumoorthy

Workshop Organizer

Professor & Head

Dept. of Psychiatric Social Work

Ph: 9731 1048 79, Off: 080 2699 5235

Email: thirumoorthia04@yahoo.co.in

Dr. Sojan Antony

Workshop Co-Organizer

Assistant Professor

Dept. of Psychiatric Social Work

Ph: 96638 08626, Off: 080 2699 5918

Email: sojan47@gmail.com