

LP Solutions Focused Brief Therapy 2-Day



Teri Pichot, LCSW, LAC, MAC has thirty years of experience working with some of the most challenging clients including those who struggle with substance misuse, chronic mental illness, and domestic violence. She studied Solution-Focused Brief Therapy under the founders, Insoo Kim Berg and Steve de Shazer, and their way of working continues to have a strong influence in her professional life. She was the program manager of a county-based co-occurring substance abuse treatment center for over fifteen years. While there, she was instrumental in shifting the treatment approach from a more traditional problem-focused model to one based upon solution-focused tenets. It was also in this role that she honed her skills in engaging and effectively working with clients who are mandated into treatment by child welfare and the legal system. She is an internationally recognized trainer and consultant in Solution-Focused Brief Therapy, and she is the author of five books (some of which have been translated into French, Japanese, Mandarin, Chinese, and Spanish). She is the founder and sole employee of the Denver Center for Solution-Focused Brief Therapy, and she provides inspiring and educational trainings and workshops to professionals around the world in how to master this evidenced-based approach with some of the most difficult clientele. She is known for her energetic and personable teaching style, and she brings passion and practicality to her workshops. She believes that everyone who attends her trainings should leave with meaningful tools that will make an immediate difference in their clients' lives.

Target Audience: Santa Clara County Behavioral Health staff and contract agencies.

**March 23 & 24,
2022**

8:30 am-4:30 pm

ZOOM

**WebCam Participation
is required**

Course Description:

This training will provide all the basic information about Solution-Focused Brief Therapy as well as give specific examples throughout the day regarding how this approach works with mental health disorders, including chronic disorders that require psychotropic medications. The "hows and whys" of the approach will be explained including the application to diverse populations, various cultures, all age ranges, and all genders. The focus of this training will be on gaining the knowledge through discussions and other didactic methods, on seeing the approach in action through demonstrations, and on learning through practice exercises.

This training will count toward the certificate.

Course Objectives: Participants will:

- Recognize the unique aspects of the solution-focused mind set and differentiate it from problem-focused models according to key SF principles.
- Describe why SFBT is effective with a variety of acute and chronic mental health problems based on current evidenced-based research.
- Identify five concrete SFBT tools that would be most effective in their work setting based upon each individual client's needs.

Santa Clara County Behavioral Health Services Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and /or LEPs. SCCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 13 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and /or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP) and CA Association for Alcohol/Drug Educators (CAADE) and the Board of Registered Nursing (BRN) to provide CEUS. Lunch and scheduled breaks during the training do not count toward CEU credit.

Post test will be available immediately after the training and open for only 30 min. Participants must pass the post test with 80% and higher to receive CEU credits.

*** Please contact Learning Partnership if you need accommodations for one of our trainings at LPTraining@hhs.sccgov.org.

***Do You Have a Grievance? Please contact Learning Partnership at LPTraining@hhs.sccgov.org.

***You can download/print your own CEU Certificate online at [sccLearn](https://sccLearn.com) 3-5 weeks after the training date.

***Our Trainings are free. Register on line at: [sccLearn](https://sccLearn.com)

***Handout and zoom link will be emailed to you after registration close.