

Part II

ABSTRACTS OF KEYNOTES

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Session	Date	Time	Room No.
Keynote 1	21/12/2017	10am-11am	Main Hall

TITLE OF THE KEYNOTE

Essentials of the Solution Focused Approach - Time Effective Interventions

SPEAKER



Dr. Arnoud Huibers

DESIGNATION AND AFFILIATION

Director, Solution Centre, Consultant Psychologist and Psychotherapist and Teacher of the Solution Focused Psychology.

ABSTRACT OF THE KEYNOTE

A visual representation of the Essentials of the Solution-Focused Approach will be given, supported by video excerpts that will be shown and reflected upon for discussion and exchange of ideas. Participants will be invited to take a closer look at each of the interrelated essential principles of the Solution-Focused Approach and their time effective interventions. These interventions can be used in a variety of professional settings ranging from psychiatrist and patient, therapist and client, school counsellor and student, child psychologist and family to manager and team.

ABOUT THE SPEAKER

Arnoud Huibers, is the director of Solutions Centre, co-founded with Insoo Kim Berg in 2004. He is a licensed psychologist, systemic psychotherapist and trainer of the Solution Focused Approach in the Netherlands, Europe, the Caribbean and India. As a psychotherapist, he works in private practice, in Soesterberg, the Netherlands. He is founding member of the Dutch Association of Solution-focused practitioners (VOPN), founding member of the Academy for Solution-Focused Approaches and Research (ASFAR), member of the Dutch Society of: Psychologists (NIP), Psychotherapists (NVVP), Family Therapist (NVRG) and Child- en Youth Therapists (VKJP). He was trained at the University of Utrecht and completed his post-graduate degree at the Academic Medical Centre of Utrecht, the Netherlands.

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Session	Date	Time	Room No.
Keynote 2	22/12/2017	9am-10am	Main Hall

TITLE OF THE KEYNOTE

Mindfulness in Solution-Focused Brief Therapy: Every Moment Is Precious.

SPEAKER



Dr. Frances Huber

DESIGNATION AND AFFILIATION

Psychologist, St John of God Health Service, Sydney, Australia

ABSTRACT OF THE KEYNOTE

Mindfulness is a concept relatively new to Western Society but thousands of years old in Eastern Society. How might Mindfulness enhance the effectiveness of Solution-Focused Brief Therapy and thereby make therapy more time efficient for clients? Is Mindfulness for Therapists or Clients or both? Is Mindfulness a therapeutic technique or a stance? This keynote address these questions about Mindfulness and will tie this directly with key aspects of SFBT.

ABOUT THE SPEAKER



Frances Huber is a psychologist and Senior Associate of the Brief Therapy Institute of Sydney. She also works at St John of God Hawkesbury District Health Service Community Health Centre, where she provides counselling to adult clients presenting with a range of difficulties, including domestic violence and child sexual abuse, depression, relationship difficulties, etc. Frances has a background in high-school teaching and has previously worked in child and adolescent counselling services. She has experience training and supervising a wide range of practitioners in Solution-Focused Brief Therapy. She is a dedicated Mindfulness practitioner and practices Vipassana meditation and Bikram Yoga. She has presented at conferences in Australia and in Europe.

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Session	Date	Time	Room No.
Keynote 3	22/12/2017	10am-11am	Main Hall

TITLE OF THE KEYNOTE
Hope, Collaboration and Creativity - Cornerstones of Success in Coaching Children and Teens to Overcome Difficulties
SPEAKER
 Dr. Ben Furman
DESIGNATION AND AFFILIATION
Manager, Helsinki Brief Therapy Institute
ABSTRACT OF THE KEYNOTE
In my keynote I will present a concept that has become known as the flowerpot theory. It postulates that in order to be successful in helping children and adolescents we need to make three things happen. We need to instill hope, build collaboration and inspire the creativity of our clients. Luckily there are simple techniques to make that happen and a wealth of such techniques will be covered in this brief talk.
ABOUT THE SPEAKER
Dr. Ben Furman is a psychiatrist from Finland and a world renowned teacher of solution-focused therapy. He is the father of Kids' Skills, an application of solution-focused therapy particularly suited for working with children and teenagers. Ben is the author of some 20 books many of which have been translated to several languages. To find out more about Ben visit his website at www.benfurman.com
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Session	Date	Time	Room No.
Keynote 4	23/12/2017	9.00am-11am	Main Hall

TITLE OF THE KEYNOTE

The Strengths Approach... Resilience... Positive Psychology... Isn't Solution-Focused just a version of these?

SPEAKER



Dr. Michael Durrant

DESIGNATION AND AFFILIATION

Psychologist/Director, Brief Therapy Institute of Sydney

ABSTRACT OF THE KEYNOTE

Around the world, many counselling/welfare agency claims to be 'strengths-based' and many claim to draw upon "Positive Psychology" or to be "building resilience".

While it is true that a strengths approach is radically different from a more traditional "problem-focused" approach, and positive psychology offers much that has been lost in more traditional psychology approaches, I suggest that seeing Solution-Focused as "positive" or "strengths-based" seriously undermines what is radically different about the Solution-Focused approach.

In this keynote address, I will discuss the contributions a Strengths Approach, Positive Psychology and resilience offer us as clinicians and the difference they make to the way we view people. However, I will suggest that the Solution-Focused approach has some similarities with these perspectives but, ultimately, is radically different.

ABOUT THE SPEAKER

Founder and Director of the Brief Therapy Institute of Sydney, a psychologist with an international reputation in Solution-Focused Brief Therapy, Michael has consulted to counselling/therapy agencies and teams in Australia and overseas and has presented training workshops in North America, Europe & Southeast Asia. Michael is Honorary Academic Associate in the Faculty of Education and Social Work at the University of Sydney and was a visiting international faculty member on the Masters of Special Education program at Fontys University in The Netherlands.

He is Editor of the (international) Journal of Solution-Focused Brief Therapy and President of the Australasian Association for Solution-Focused Brief Therapy.

Michael has had published a number of books and professional articles and his books, published by W. W. Norton & Co in New York, have been translated into German, French, Dutch, Arabic and Japanese.

Michael has conducted more than 600 professional training workshops and is widely sought after as a speaker and trainer. He has been an invited keynote/plenary speaker at a number of international conferences.

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Session	Date	Time	Room No.
Keynote 5	23/12/2017	10am-11am	Main Hall

TITLE OF THE KEYNOTE

Using Solution Focused Brief Therapy to Live Beyond Trauma

SPEAKER



Elliott E. Connie

DESIGNATION AND AFFILIATION

The Solution Focused University

ABSTRACT OF THE KEYNOTE

The trouble with going through traumatic events is they often alter our lives, they take away our innocence, they remove our ability to smile. Often times, a person's life can be defined as before and after a traumatic event. The numbers of people impacted by traumatic events is staggeringly high and this means in session we have to be prepared to work with clients who have been through difficult things. It is important to understand that the task of building towards a client's desired outcome and solving a problem are inherently different and thus the work done in session by the professional is different. Unlike other approaches, the task of the professional is not changed due to the problem. Instead the focus is on eliciting a description of the presence of the desired outcome. In this plenary the presenter will demonstrate how the Solution Focused Approach is used in sessions when the client has experienced a trauma.

ABOUT THE SPEAKER

Elliott Connie, MA, LPC is a psychotherapist that practices in Keller, Texas. He has worked with thousands of individuals, couples, and families applying the solution focused approach to help them move their lives from the current problems towards their desired futures. He is the founder and Executive Director of The Connie Institute, an organization that conducts trainings to help clinicians to master the Solution Focused Approach in their work as well as developing training materials and conducting research. He is recognized around the world speaking at national and international conferences and events in such places as throughout the United States, Australia, New Zealand, South Africa, Russia, Switzerland, England, Poland, Sweden, Denmark, Scotland, Holland, Canada, and Asia training practitioners to apply solution focused questions and techniques in their work. He has authored or co-authored 3 books including "The Art of Solution Focused Therapy", "Solution Building in Couples Therapy" and "The Solution Focused Marriage".. He was mentored by noted authors and practitioners such as Bill O'Hanlon, Chris Iveson and Linda Metcalf.

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