

As If

EBTA Conference
20-22 September 2019
Florence, Italy

PROGRAM

Dear SF friends,

in these years, in Italy through the Fondazione Franceschi Onlus we have promoted various initiatives for the dissemination of the solution focused concepts: we have organized conferences and seminars, we have published books and articles. For this reason, it is an honor for us to host the international solution focused community, which for the first time meets here in Italy. The Solution Focused Brief Therapy has indeed a long history, but never before it had landed in our country. This is an opportunity to fill the void and try to continue together in spreading this fascinating approach, which concretely helps people and organizations to achieve personal and social harmony.

***So, welcome to Florence for
the EBTA 2019 conference!***

USEFUL INFORMATION

Website: <https://www.ebta2019florence.org/>

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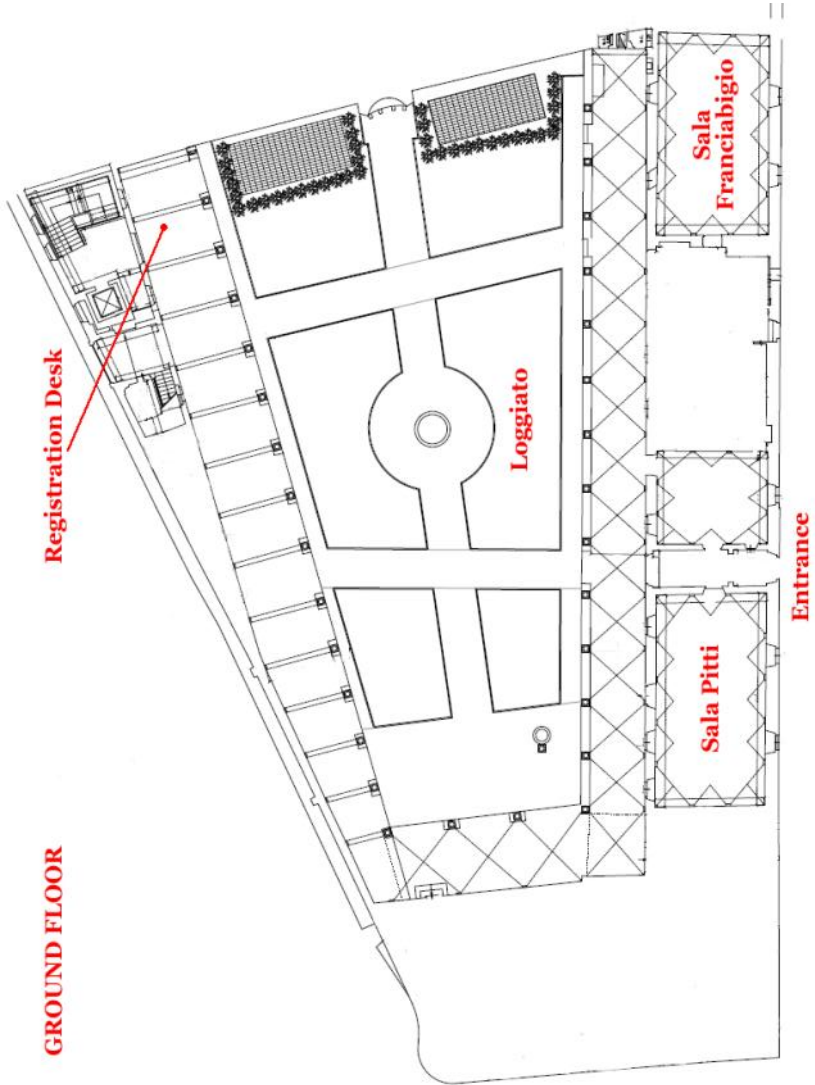
EMERGENCY NUMBERS

Single European Emergency Number: 112

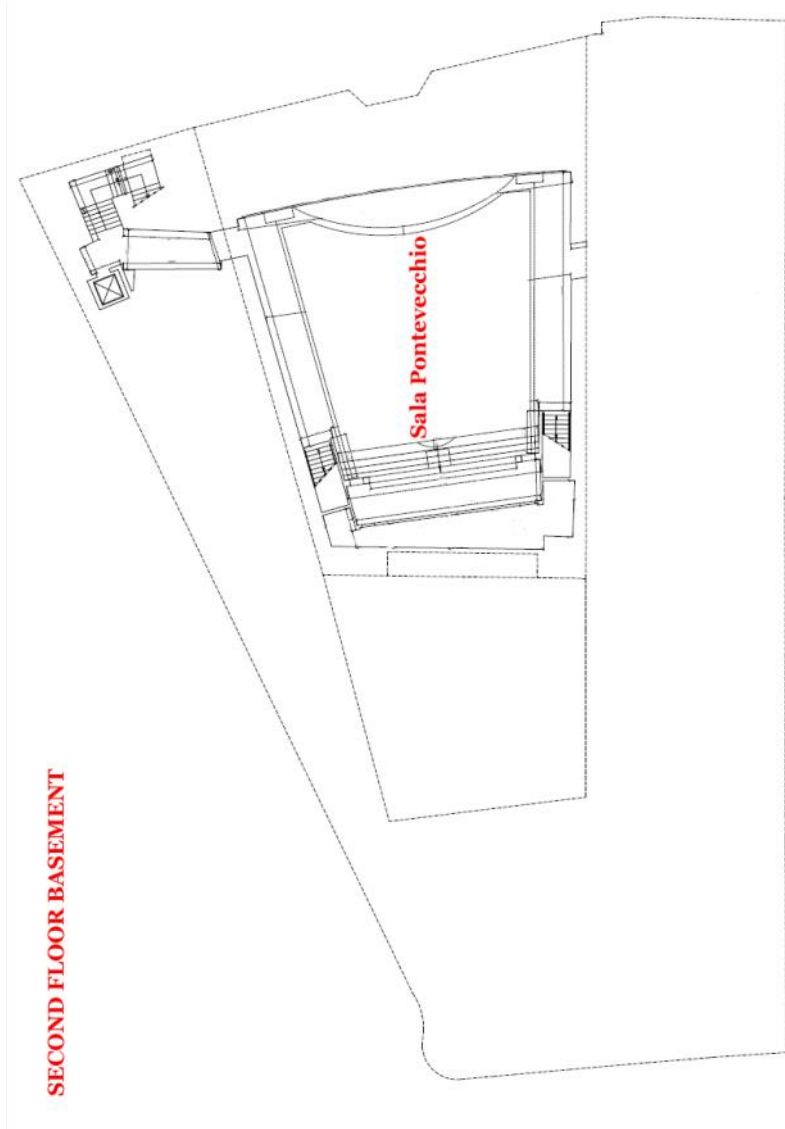
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Police: 113

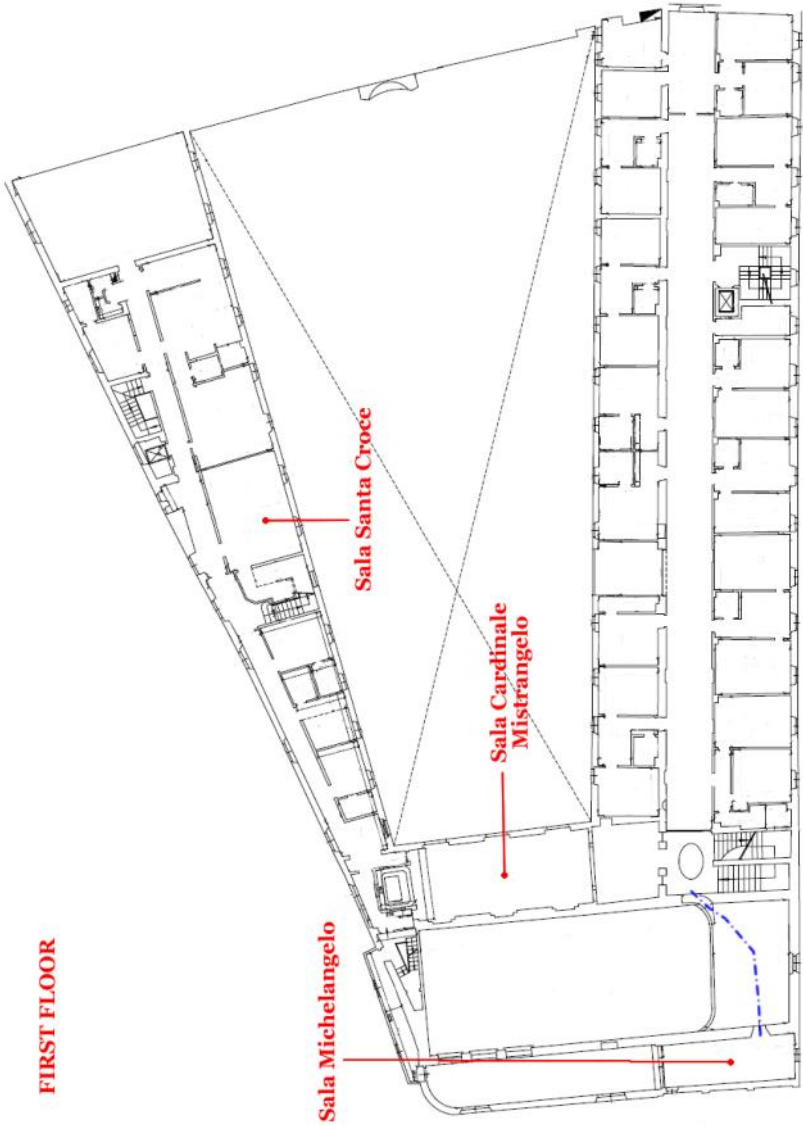
**THE VENUE:
CONVITTO DELLA CALZA**



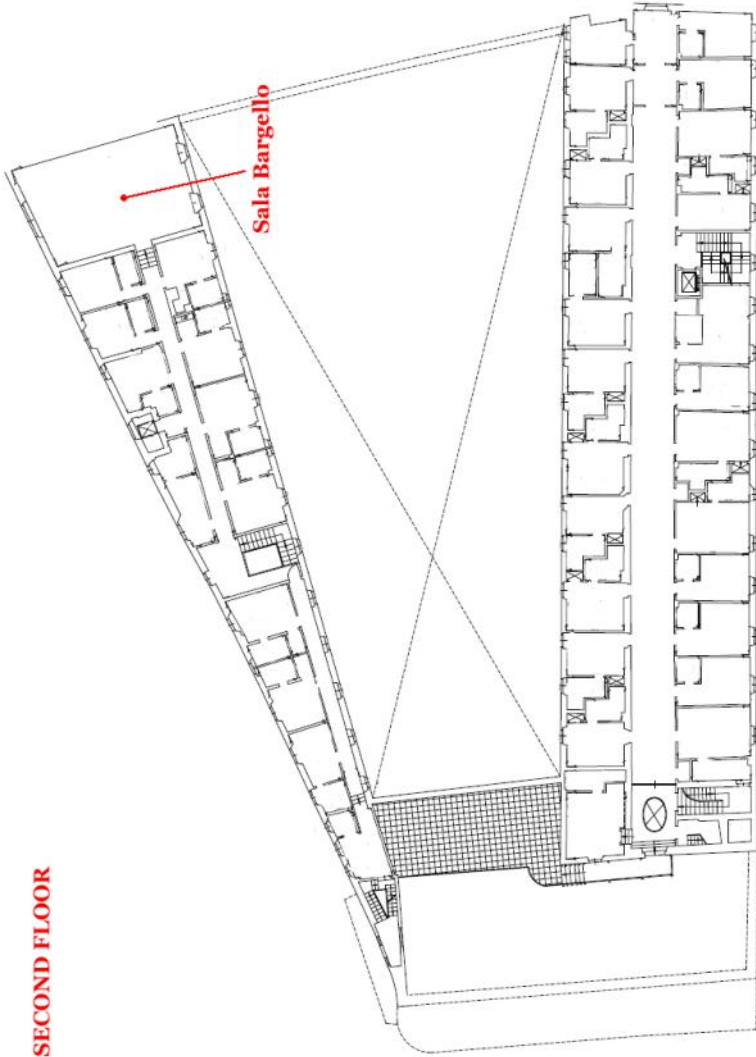
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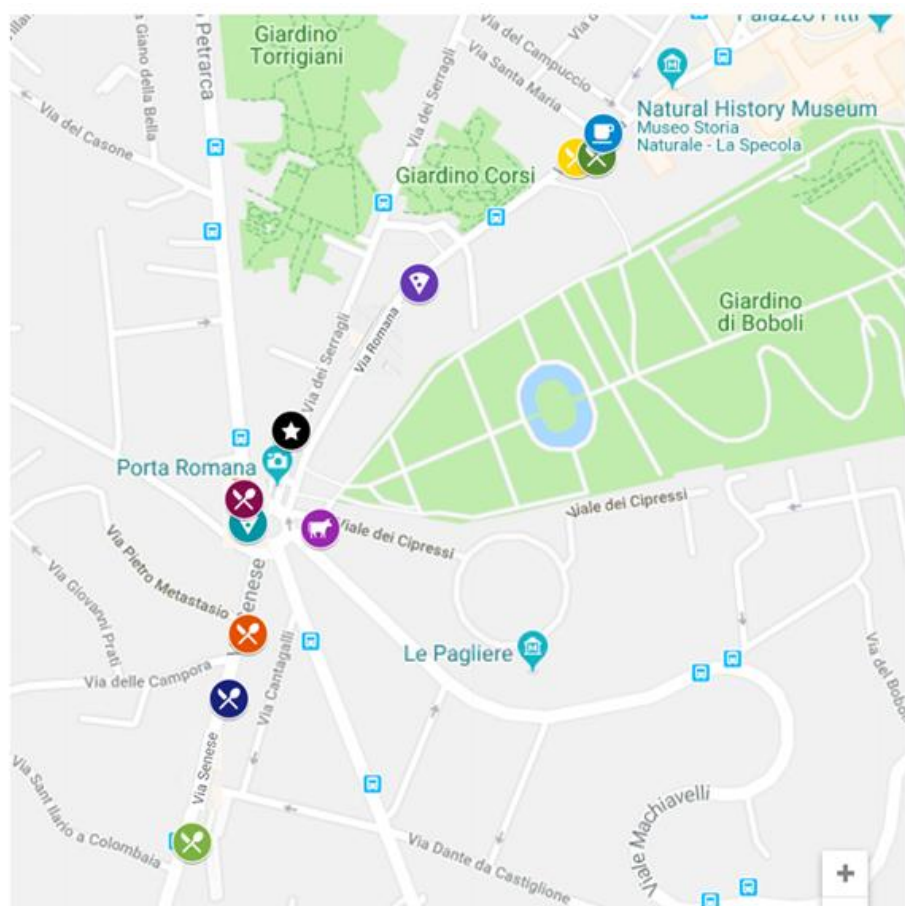
**THE VENUE:
CONVITTO DELLA CALZA**














**THE VENUE:
CONVITTO DELLA CALZA**



**LUNCH:
WHERE YOU CAN GO**



**LUNCH:
WHERE YOU CAN GO**

	name	description
	Convitto Della Calza	Piazza della Calza 6
	Caffè Petrarca	Piazzale di Porta Romana 6/red
	Forno Pintucci Porta Romana	Piazzale di Porta Romana 7
	Trippaio Albergucci Mario	Piazzale di Porta Romana
	Podere 39	Via Senese 39/red
	Don Fefé Porta Romana	Via Senese 17/e
	Trattoria Ruggero	Via Senese 89/red
	Panificio La Favola	Via Romana 77
	Osteria dell'Enoteca	Via Romana 70/red
	Trattoria Boboli	Via Romana 45/red
	Jessy's Bar	Via Romana 56/red

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8:00 REGISTRATION DESK

REGISTRATION FOR THE CONFERENCE

PLENARY SESSION

9:00 SALA PONTEVECCHIO

Opening of works - Round Table: To Construct Psychotherapies

*Andrea Leonardi, Marie-Christine Cabié, Giorgio Nardone,
Ferdinand Wolf, Jacek Lelonkiewicz, Francesco Velicogna*

The creation and construction of new ideas, theories and paradigms proceeds hand in hand with the equally important concept of deconstructing¹. Without breaking our previous schemes, new realms of thought cannot arise. According with Constructivism, all we can know depends on *how* we know it and on our willing to break up and continually reprocess our up-today knowledge. Actually, each new acquisition ought to flow through our previous knowledge/assimilation, adjusting the new operative model in new patterns of meaning. As a consequence, Constructivism has a historical approach to knowledge, because without a *fil-rouge* connecting events in a chronological sequence, we could not give meaning to the world around us. Brief therapies arose in a well-defined historical period, in the context of a deep interest in an anthropological view of the human interaction (Bateson, 1972). Meantime, the need to *shorten* the suffering of the person was felt to be impelling, in opposition to the tendency of the then prevailing psychotherapies. Namely, Psychoanalysis considered a long-term psychotherapy as often useful and necessary. Therefore, it was the historical event which set up the cultural conditions for the creation/construction of brief therapy as a humanistic response attempting to make the person not only

¹ intended as a psychological function, and not as an artistic or socio-philosophical movement.

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"healed" but also autonomous in the shortest time frame. It is known that Constructivism regards the person as the unique expert able to trace her/his course by her/himself. The therapist builds together with her/him new possibilities for discovery, through a language that not only defines but creates reality. This is why the constructivist brief therapies are paths towards the personal autonomy. In particular, the purpose of brevity is not to achieve results quickly in a commercial sense. Rather, the aim is to communicate clearly to the person in care the opportunity to be *free* as soon as possible, thus avoiding the dependency relationship even on the therapist - although this dependency itself can sometimes be accretive, and in terms of learning, curative. Or, we may keep in mind what J. W. Goethe affirmed in this regard already a few centuries ago: "*We do with love what we have invented, with confidence what we have learned*"².

Bateson, G., (1972). *Steps to an Ecology of Mind: Collected Essays in Anthropology, Psychiatry, Evolution, and Epistemology*. University Of Chicago Press.

² Goethe, J. W., (1958). *Teoria della natura*, Editore Boringhieri

10:00 SALA PONTEVECCHIO

Therapy as performance

Giorgio Nardone, Italy

Introduction by Andrea Leonardi

10:45 LOGGIATO

COFFEE BREAK

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11:15 SALA PONTEVECCHIO

EBTA Award for Excellence in Solution Focused Practice

The Organizing Team of the EBTA Conference will give the award.

11:30 SALA PONTEVECCHIO

HOPE – Walking and Talking in different perspectives

Manfred Vogt and Herbert E. Förster, Germany

The model of logical levels will represent the background for different small interventions in therapy and supervision. We work with structural constellation, that means walking on floor anchors, showing the NIK-HOPE model encourages body and emotions. The perception of one`s own body gives valuable indications for holistic decisions.

H = hope

O = outcome

P = perspectives

E = effects

12:30

LUNCH BREAK

In the surroundings of the Convitto della Calza you will find many restaurants, trattorias and bars where you can have a good lunch. Use the map in your program to find them easily.

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WORKSHOP SESSION 1

14:00 SALA BARGELLO

"What's better?" "Better?!? It's worse!"

Geert Lefevere, Belgium, and Tomasz Switek, Poland

How can the SF approach be useful in conversations with people dealing with lasting, so called 'chronic' conditions? In this workshop we share ideas in an interactive, experimenting way. How can we relate to the persons competence in a relationship that looks for assisting for a long time. 'Coping' seems to be the miracle-word, but what does it mean for someone who has been coping all the way? The workshop will include: utilization of client's knowledge, making medical knowledge useful, linear and circular time experience, trying to leave footprints, introducing a different kind of meaning and choice. Should we think differently about our contribution tot the conversation? Is the person of the therapist involved in a different way? You are invited to share your own experience and knowledge!

14:00 SALA SANTA CROCE

Resource game

Jos Kienhuis, Netherlands

The game that you are going to play is the Resource Game, a training instrument that consists of material (board, pawns and dice), a simple and small set of rules (instruction sheet) and task cards. The task cards will challenge you to reflect on your experiences when problem situations are addressed and your everyday practice is questioned and key-ingredients are explored. On the task cards The task cards will challenge you to reflect on your experiences when problem situations are addressed and your everyday

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practice is questioned and key-ingredients are explored. On the task cards different questions and conceptual are employed which, not surprisingly, refer to solution-focused practice.

The Resource Game may be played by a great variety of groups, and in a great variety of settings. Here are a few suggestions:

- training and coaching activities;
- education and training in conversation or communication skills;
- professional support and supervision;
- teambuilding activities

14:00 SALA CARDINALE MISTRANGELO

Connecting the Isolated: a Conceptual Framework. Strengthening family connections after parental separation

Davide Di Pietro, Australia

The relationship between a child and parent is an evolving dynamic, especially in the context of parental separation. This adjustment often presents a myriad of challenges for child, parent and the family collective. A solution-focused approach offers families the opportunity to re-establish, develop and grow new and stronger relationships. This presentation will demonstrate an effective model, grounded in the solution-focused approach currently being utilized by The Family Clinic at The Resilience Centre (Sydney, Australia) which aims to support families through all stages of separation. It will illustrate through case studies and experiential exercises, how to effectively work with separated families, building stronger connections and healthy relationships in the context of parental alienation. By applying this model, practitioners will gain the ability to turn the challenges experienced by separated families into opportunities to help these systems connect, grow and thrive.

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14:00 SALA MICHELANGELO

Coaching... what if I need to do something else?

Paut Kromkamp, Netherlands

Participants are invited to make a list of a few of their recent conversations where they have been struggling a little with their position. With the help of a few slides I will take them through the quadrant, explaining how looking at the What and the How in the conversation (or, if you will, goals and actions) helps you to get a clearer view of the required of most helpful starting point in the conversation. We will also talk about what your mandate is: from your position in the organization or your profession, and how you can be aware of legal requirements. After that participants are invited to look at one or two of their own clients with their neighbor and to try and determine from what position they conducted the conversation. And, looking back, if they maybe had wanted to start out from another position to get a more satisfactory result. If there is time participants are invited to practice with a conversational position of their choosing. Trainees in all kinds of solution focused training, whether on leadership, child protection, social work, HR, have found the quadrant very useful. It helps them to do what is necessary in a way that is most helpful for their client, they say. And to get to a coaching position as quickly as possible.

14:00 SALA PITTI

Beyond language - what about “the human being as a whole” in the solution-focused practice?

Ursula Bühlmann-Stähli, Switzerland

The solution-focused approach is a consulting approach in which through a conversation with one or more persons the consulting system is going in a process of co-construction of a preferred future. And in which people talk

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about successes that are already taking place. The basic of the approach is therefore language. In a conversation always whole persons with body, mind and a lot of other things are present. "As if" , "just suppose", miracles and preferred future can be generated by language, and also by doing and using the whole body. So some questions arise that go beyond conversation and language: What happens to the whole person, including the body, during a solution-focused conversation? And how can the body and all senses be actively used for the process of the preferred future? In the workshop we will reflect about the connection between body and mind in a solution-focused process. And we will do some practical exercises, in which not only language, but also body and all senses play a role.

14:00 SALA PONTEVECCHIO

Getting the best out of our mental mentors

John Wheeler, UK

Inspiring practitioners can play an important part in helping us develop and improve our Solution Focused Practice. They usually exist in our heads as constructs we have made as if they are the actual person. There could be significant differences between how the actual sources of inspiration would want to be an influence on our practice and what ends up happening with our mental mentors. The workshop will include my realisations about my relationship with my mental mentors, provide an opportunity for participants to acknowledge their sources of inspiration and reflect on how to get the best out of the versions they carry in their heads.

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WORKSHOP SESSION 2

14:45 SALA BARGELLO

Supervision in action - conceptional cubes for supervision

Jacek Lelonkiewicz, Poland, and Manfred Vogt, Germany

In this workshop we show some conceptional thoughts to expand the classical techniques of SFBT in the practice of supervision from different perspectives. In a practical demonstration, we show, how we can use systemic perspectives in a SFBT frame for supervision. The participants can exercise this techniques in small groups. In the second part we'll reflect out of the supervisor perspective and discuss expanding ideas.

14:45 SALA SANTA CROCE

As if Symptoms have hopes too?

Antonio Amatulli, Italy

What happen if we talk about Symptoms as if they have hopes? This question push me to talk about symptoms in a really different way in conversation with clients. If Symptoms have hopes too, we can explore them and we can use them to build together (I, the client and symptoms) brand new Solutions for our client. Moreover, if we can talk about symptoms as if they have hopes, we can talk with them as if they are individuals that we involve. In this presentation I want describe my own map of conversation with "*Symptoms with hopes*" where O talk directly with them through the clients so I can share with you my experience.

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14:45 SALA CARDINALE MISTRANGELO

“What if there is no as if?” Small miracles working with refugees in Greece

Ilektra Bethymouti, Greece

Being a refugee is a political situation followed by a psychological impact. Refugees arriving in Greece the last years, have been through various losses apart of displacement, and some of them have survived from torture, rape, mutilation or other life-threatening situation. Their traumatic past experiences, their present difficulties and their uncertain future are described in therapy, where it feels that no hope, goals and exceptions can be found. Solution focused thinking can be very helpful and powerful into these cases: it can help the therapist and the incomer to believe that changes are inevitable even in very difficult and traumatic situations, and can empower the incomers by treating them as the experts in their own experiences. From an experiential viewpoint based on group and individual supervision of therapists working with refugees, we will follow the movement from no if to if situations, to what we call small miracles. We are interested in seeing the difficulties of people in refuge and the hope arising to them and their therapist, through solution focused techniques. The guidelines of supervisees 'positive movements focus on their strengths, identify goals and progress and seek client-based solutions.

14:45 SALA MICHELANGELO

JUST-SF: Un-learning and un-teaching ourselves to stay succinct and simple

A. Biba Rebolj, Slovenia

In Solution Focused Brief Therapy (SFBT) practitioners do not “deal” with clients or “get” them to do anything. In SFBT we create and invite them to

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describe future possibilities. During the process, people create new descriptions, built into the most mundane, everyday realities. But in order to create the environment where this can happen, the practitioner needs to pay close attention to what young people say and needs to build their next question based on young person's answer, which will create even richer description of the preferred future and hence, promote possibilities of change. Richer doesn't mean bigger or it doesn't necessarily cover whole lot. It rather means to slow down the process and describe even a few seconds into the young person's day where their preferred future is already happening in several minutes of the conversation. To facilitate this process, the practitioner might want to acquire skills to un-learn rather than learn and as such it might not be upgrading their knowledge and assumptions, but rather simplify it. SFBT is often described as being simple, but far from easy. The "uneasy" part in doing SF is to get the conversation going and stay with the descriptions only. This is exactly what you will (un)learn in this workshop together with Dr A. Biba Rebolj, international trainer and practitioner, who is passionate about making SF attractive to learn for the generations of practitioners that are yet to arrive, as well as continuing to question the approach and looking for ways to keep it succinct, minimalistic and humble.

14:45 SALA PITTI

On the surface but not superficial - meaning in Solution Focused Practice

Kirsten Dierolf, Germany

Solution Focused Practice is about change -- not insight. Definitely not "in"-sight. Yet, we do have "deep" or maybe "wide" conversations, not only about the concrete change the client wants but also about what difference that would make for his/her life and what his/her life would look like when it is like the client wants it. In this presentation I want to explore with the participants how to have "deeper", "more meaningful", "insightful" (without

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being "in"-sightful) conversations about their desires and aspirations and about what is important to them in their lives. I want to explore how to have conversations that stay interactional (between the noses) and on the surface but are far from superficial.

14:45 SALA PONTEVECCHIO

Workplace Mobbing: Solution-Focused Brief Therapy

Svetlana Manukhina, Russia

Mobbing is a difficult life situation that can happen to anyone. In such situations, the response should be quick. The main purpose of the therapist is to help the client restore the resource situation in the situation here and now, find the right work focuses and help the client to keep attention on them. Solution-Focused Brief Therapy format helps to solve such situations quickly and efficiently. The counseling effectiveness is determined by the subjectively evaluated result for the client's system. Workplace Mobbing is a stressful process. And one of the first tasks is to help the client to separate emotions from real events and formulate constructive real steps. The client Information is often necessary and sufficient for psychotherapist constructive work. He (together with the client) structures the information-space, creates visual outlines of events, helps to build client reasoning logical lines. When client has the opportunity to look at such a logical structure of events, he has the opportunity to look at the mobbing process from the outside and look at it as a task written in a book somewhere, but not on the client's real-life pages. This technique is called "algorithmic visualization." We introduced this concept when a sufficient number of cases had been accumulated, so we could name it somehow at lectures and master classes. This technique will be demonstrated at the workshop. Also at the workshop, there will be presented several cases of working with mobbing in the Solution-Focused Brief Therapy format using the "algorithmic visualization" technology.

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15:30 LOGGIATO

COFFEE BREAK

WORKSHOP SESSION 3

16:00 SALA BARGELLO

Acting as if... creating new realities!

Barbara Pelkmann and Nadine Lyamoury-Bajja, France

In this workshop we will show the combination of different approaches (systemic structural constellation SySt® -Psychotraumatology – Hypnotherapy - Solution Focused Brief Therapy) allowing to bring clients into new states of «what is possible» thus creating new opportunities for change. Theoretical explanations will be accompanied by examples from our daily practice, demonstrations and practical exercises.

16:00 SALA SANTA CROCE

Family coaching and the "As if" Philosophy

Natalia Manukhina, Russia

In my workshop I would like to show the difference between coaching several family members and individual coaching. I have been providing counseling and psychotherapy for families since 1998, and I have been coaching families since 2007. From my first coach session (up to the present) it has always amazed me how fast a family in comparison to its individual representatives progresses in solving tasks! In coaching families I combine the ideas of a system family approach and a solution-focused approach. I also use methods, techniques and tricks from other approaches. It all depends on the actual request of a family and its global goal. In my

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workshop, I will mark the difference in coaching for different family composition: spouses, siblings, parent and adult child. At the end of the workshop the functions and goals of a family coach will be discussed.

16:00 SALA CARDINALE MISTRANGELO

"As If" Techniques for therapists for getting unstuck

Alexey Mikhalsky, Russia

We present several techniques for therapists that are intended to help to get unstuck – in the session and after/before the session. They are based on interaction with clients, require some imagination and also involve “As if” background. These techniques can be used in individual self-development practice or in supervision and intervision groups. If the audience is willing to do some practice and if we have some time – we can easily try these techniques in action in small groups on real or sample therapy cases, and then share the experience.

16:00 SALA MICHELANGELO

As if emotions mattered...

Jacek Szczepkowski and Artur Lewiński, Poland

Many times during the SFBT trainings participants ask: "what about emotions in SFBT?", "do we discuss them with clients?", „how do we make use of them?”. In "traditional psychology" an individual is perceived as having a special status and knowledge of internal experiences. To understand emotions, it is recommended to dig deeper to discover their meaning (vertical approach). However, the issue of emotions can be looked at from another perspective. According to Wittgenstein " An 'inner process' (e.g. emotions) stands in need of outward criteria" (PI # 580). That does not mean that such an approach ignores or minimizes their meaning.

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Emotions are important because of the context in which they appear (PI, p.188). Emotions are not a problem to be solved. They can be perceived as one of clients' resources that can be used to construct changes. As part of the proposed workshop, we will look at the difference between the traditional approaches and the SFBT model. We will try to experience these differences in a very practical way and translate them into the language of practice. We will also play the "emotions game" as a practical tool to be used when teaching about Solution Focused Approach.

16:00 SALA PITTI

As if we had solutions to elderly care

Heli Makkonen and Marita Halonen, Finland

We launched a project on Lean and Agile Development in Eastern Finland in August 2017. The project ends in September 2019 and it is carried out in collaboration with two educational organizations, Riveria Vocational Education and Training Provider and Karelia University of Applied Sciences. Five social and health care organizations participate in the project, including a service home for mentally disabled people, two service homes for older people, and two centers for rehabilitation for people with mental retardation. The aims of the project are:

1. to strengthen the participants' (teachers, students and employees) development competence,
2. to contribute to the participants' well-being at work,
3. to develop new ways and methods of working. In this presentation, the focus is on developing new working methods and on methods implemented in elderly care.

The daily life in elderly care is often care-focused. Some members of care staff have previously worked within an institutional care culture, even for decades. The change to person-centered care can be difficult and it takes time. One of the areas chosen as a development area within the project was

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team meetings. Previously, the meetings used to be problem-focused. The new recommendation given within the development work was that each personal nurse shares his/her experiences of his/her own residents and the things important for them. The nursing home staff was encouraged to think of the different ways of utilizing the residents' resources and the information of the residents' life history as the nurses face challenges with them. It was more natural for some nurses to observe the residents' life history and take it into account and then change the perspective from problems to solutions. It was also difficult for some nurses to observe the residents' life history and take it into account and then change the perspective from problems to solutions. It was also difficult for some nurses to identify the residents' resources and to discover the residents' needs and desires other than the ones related to nursing. When discussing the needs for making changes in care culture, the care staff pointed out many obstacles, such as the scarcity of resources and challenging family members, that cause more challenges in their work. One challenge in elderly care is for the nursing home staff to learn how to encounter family members as a source of help rather than as a hindrance (Walsh 2009, 182). In general, the challenge is also to shift the perspective from problems to needs for change. It has already been discovered that the project staff cannot expedite the change. Each employee needs his/her own space and time to consider the new viewpoints and to utilize them in one's own work. Although the aim has been to meet the employees' own expectations, it takes more time than the expected to achieve the aims. Each employee views situations in his/her own way. At the end of May 2019, a simulated practice learning will be carried out. A preliminary plan of simulation has been conducted and, if a miracle happens, all employees' expectations have been met (except for getting additional work force). After the simulation case, there will be a briefing for reflecting on the case and for identifying the already existing signs of that optimal situation, and for reflecting on the requirements for employees and superiors in order to reach the optimal state. In September, the results of the simulation will be reported in detail as well as the lessons learned during it.

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16:00 SALA PONTEVECCHIO

Joining Clients Navigating Grief: putting Solution-Focused principles to work

Stephen Langer, USA

This presentation will provide a solution-focused framework for working with people who are grieving. While most people who are grieving do not seek out therapists as they do not see themselves having a problem with grieving, others will look to therapy for help. Grieving is a natural process to deal with significant loss, the loss of a desired future. The challenge is to support the grieving process while helping people to not get stuck. The three rules for SFBT (1. If it isn't broken, don't fix it 2. If it works, do more of it 3. If it is not working, do something different) help to inform the delicate role of the therapist in assisting grieving individuals. The role of listening closely, normalizing, being present and how to respectfully help the person move through the process of dealing with loss will be discussed. Case examples will illustrate the process and participants will join in generating ideas for possible strategies to help each person navigate their grief journey.

WORKSHOP SESSION 4

16:45 SALA BARGELLO

How to reduce complexity in psychotherapy: integrating the 9 Logics beneath Brief Therapy interventions

Flavio Cannistrà, Italy

How described in precedent works, the author analyzed over one hundred techniques used in the different kind of brief therapy approaches: solution focused brief therapy, MRI's strategic therapy, ericksonian psychotherapy,

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Jay Haley's strategic family therapy, Giorgio Nardone's brief strategic therapy and so go on. This led to find nine "logics", nine categories in which every technique can be placed, which simplify the therapist's work. In this presentation a quick overview about the nine logics is given. Furthermore, the author explains how they help the therapists to reduce the complexity of a session and how integrate them in their practice.

16:45 SALA SANTA CROCE

Prolegomena to an Organisational Psychology and Pragmatics of Human Communication: a re-interpretation of the five axioms

Francesco Zurlo, Italy

The axioms of Communication represent a cornerstone that has inspired, and continues to inspire, entire generations of consultancy experts. The Psychology re-interpretation of the axioms allows us to actualize their epistemological, logical, strategic and operational implications (in Greek λύω/LUO, means "to solve", therefore Psychology is a Psychology oriented to solutions). We will analyze, through concrete examples: the most common errors in interpreting the axioms; the sophisticated use of the axioms in order to improve intelligence capabilities; their fundamental role for setting strategic and communication interventions in complex environments. We will show how the Axioms of Communication represent a fundamental tool for reading, understanding and intervening on reality, by building it.

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16:45 SALA CARDINALE MISTRANGELO

Solution Focused Narrative Therapy

Linda Metcalf, USA

The *solution focused approach* stems from a belief that when clients are given a context where they can recognize their strengths, abilities and successes, they are able to not only discover their competence, but can carve out a preferred future where the problems that interfere in their lives occur less. In this process, the therapist sees the client as the expert therefore asks questions of the client which stimulate the client's thinking about his or her future vision. The therapist is in fact, "responsible for the client's participation in answering the questions" (BRIEF, 2015). The client is responsible for being thoughtful and descriptive as he answers the questions that are tailor made for him by the therapist who uses the client's language and direction. The sessions keep a focus on where the client is going, rather than where the client has been. This way of working is integral to the solution focused approach and many of the questions such as the "miracle question" are used to assist the client in formulating what their preferred future will look like. After the goal of the client is defined by the client and the preferred future is richly described, the therapist assists the client in identifying times when small pieces of that preferred future have already happened. The answers to the "exception seeking" questions assist the client with building confidence within herself that she might be able to construct part of the preferred future with past exceptions. The *narrative therapy approach* also focuses on the belief that a person's perception of himself or herself results from many things including the person's values, the values of others, the present context, or story that is in place. The narrative therapist seeks to pick up on and understand the language that the client uses around himself and the problem story, which is seen as an intruder on his life. The context, or story within which the problem exists, influences how the person interacts with others, senses her place in the world and leads her life. Another example of how discourse can dominate occurs when a person has

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been given a “victim” label and is not able see her strengths due to the discourse of victimhood. Instead of seeing herself as a survivor of a challenging situation, she sees herself as helpless and not worthy of a good life or good relationships. Such beliefs foster negative actions such as isolation and sadness. The therapist in that case, can assist the client to change the context through redescription and discovering gaps within the problem story. The therapist then helps the client to begin re-storying or, creating a new chapter, moving past old stories that did not contribute to a satisfactory life into one where the client is the author or a better life. This redescription seems to help the “helpless client” to consider herself as “able” and the new vision catapults the client into new possibilities for the future. Additionally, the meanings and values identified by the client as important, help the therapist in creating questions, using client language that decipher how those meanings and values have played out in old stories that worked. The new, preferred story is then crafted by the client to include the values of the client, which is more likely to match who the client is and wants to be in the future. The blending of the two models along with their similarities and unique differences has resulted in a method of working that is both meaningful and action oriented. I refer to this new model as Solution Focused Narrative Therapy. During this presentation, the basic constructs for SFNT will be discussed and explained through the use of case studies and videos. Learning Objectives:

1. The attendee will learn the basic constructs of solution focused narrative therapy and hear applications from cases.
2. The attendee will practice solution focused narrative therapy (SFNT) on a personal issue with a partner to learn the process and experience the helpfulness of the model.
3. The attendee will observe videos that illustrate the model’s ability to efficiently cooperate with the client’s concern and move into a preferred future.

Iveson, C., & Ratner, H. (2016) Personal communication. BRIEF Therapy Practice.

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16:45 SALA MICHELANGELO

Bright Thinking. A resilient thinking program for children

Lyn Worsley and Megan Webster, Australia

The Bright Thinking is a 6-week program that links both cognitive and solution focused approaches by showing children how to discern the difference between the pessimistic and optimistic thinking styles, while giving them the solution focused skills to get from one style to another. Bright Thinking is suitable for children aged 8-12 years, who experience anxious thinking and can be run over 6 weekly, 1-hour sessions in a small group. The program does not focus on the child's presenting anxiety or worry thoughts, but rather develops solution focused skills towards optimistic thinking. Each week children learn to ask the miracle question and practice scaling to determine their place in the journey towards changing their thinking. The new skills are practiced on themselves and others in the group with opportunities for feedback from other children who notice their strengths and changes in their skill development. This group has been run at The Resilience Centre now for over 10 years with great success. Over the past 4 years' data has been collected showing significant changes in personal and social competence and prosocial skills. Lyn and her colleagues will demonstrate aspects of the group program with opportunities for participants to actively learn solution focused skills from a child's perspective.

16:45 SALA PITTI

Towards a critical solution-focused practice

Guy Shennan, UK, and Jonas Wells, Sweden

Is solution-focused practice political? Should it be? If it were to be, what would a political SF look like or consist of? As ever, we come with questions - it is a solution-focused conference after all. We make no apologies if you

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find them difficult, just as we do, for as the novelist Jonathan Franzen once said, if they are difficult to answer then this would make them very much worth asking. The questions are complicated by the various meanings and uses of the word 'political'. In their paper about SFBT as a rumour, Steve de Shazer and Gale Miller clearly meant to keep solution-focused therapy away from politics, as it is often understood, by not treating clients' problems as social problems. On the other hand, they say that SFBT is organised as "a politics of possibilities", within a different language game, where the political action consists of replacing clients' problem-focused stories with solution-focused ones. We too see this as a political act, and believe we can go further, and so wish to do so - to engage politically, as solution-focused practitioners, in collective action for social change. We have some ideas to share as well as questions to pose, and we would like to consider

- characteristics of the SF approach that fit with adapting it for political and collective action
- ideas for how we can we make solution-focused practice more suited to such endeavours.

We believe a political approach also requires taking a critical stance towards our methods, and we want our considerations to take in aspects of solution-focused practice that might impede its movement into the political domain. One of the things that attracted us to SF was a sense of it being subversive. There is much in this world that needs subverting, maybe including our approach itself. Join us, in our reaching towards a critical *solution-focused practice*.

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16:45 SALA PONTEVECCHIO

“As if”: from systemic perspective to the theory of cognitive dissonance. Theoretical and clinical involvements for SFBT

Fabio Leonardi and Filippo Petruccelli, Italy

“As if” it is a core-concept in SFBT approaches, but plays a key role also in Brief Therapy approaches focused on problems (developed at MRI Brief Therapy Center). We well know that all approaches derived from MRI perspective are deeply affected by the systemic assumptions and therefore the systemic perspective is a privileged point of view to analyse the “as if” prescription. The systemic assumptions maintain that each individual can be seen as a system which tends to homeostasis, and therefore generates effects which support and feed itself. These effects are emotions, cognitions, behaviours which tend to support and feed the psychological system from which are generated. If we modify the effects generated by a psychological system, we break the homeostatic circle and therefore we change that psychological system. From a theoretical point of view, the “as if” may be seen just as a way to change the effects generated by a psychological system affected by a problem (patient) in order to change the same psychological system and to solve the problem. If we assume a more pragmatic point of view, “as if” may be seen as a way or a technique for pursuing the fundamental therapeutic task, that is to do something different. Indeed, as maintained by de Shazer (1985), the brief therapy task is to help client to do something different: “No matter how strange or weird or off-the-wall ... the only important thing is ... to do something different” (de Shazer 1955, pag.123). In more general terms, we can maintain that each time that an individual (a psychological system) generates behaviours congruent to himself, he confirms and strengthens himself and his own way to function. Otherwise, each time that an individual produces behaviours unusual, not congruent with his own way to function, he changes himself becoming a psychological system congruent to new behaviours.

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This issue concerning “to do something different” was deep analysed inside the theory of cognitive dissonance (Festinger, 1957), which explains what it occurs when the relation between two elements of psychological system is dissonant (one element does not, or would not be expected to, follow from the other). This theory was elaborated by Leon Festinger, a pioneer of cognitivism, some years before of MRI foundation (1959), just in Palo Alto. He was substantially ignored from the next developing of cognitivism, which followed others directions, but his theory contains crucial insights to understand some mechanisms of change. It has to be underlined that the MRI was developed by a constructionist epistemology, in clear antithesis with positivist epistemology underlying Festinger's theory. Nevertheless, if we “translate” the theory of cognitive dissonance in terms of constructionist assumptions, the Festinger's theory may be very useful to understand some mechanisms of change on which all MRI approaches are focused. In more concrete terms, this theory allows us to better understand which stratagems we can use in order to obtain the maximum level of change by “as if”.

17:30

BREAK

17:45 SALA PONTEVECCHIO

MAM – Members Annual Meeting

By EBTA board

The Members' Annual Meeting makes the general decisions about the purpose and the goals of EBTA. This includes but is not limited to issues to do with finances, changes in the statutes, elections of president, vice-president, secretary, treasurer, all other board members and appointment of the auditor.

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PLENARY SESSION

9:00 SALA PONTEVECCHIO

The time on riverside

Andrea Leonardi, Italy

Solution-centered therapy is an approach that gives great importance to the factor “time”. The therapist looks to and imagines the future aimed to build together with the client a desired alternative to the problematic starting situation. However, the general concept of time includes also the past and the present moment. These ones too can be explored and restructured using the three basic psychological components existing in every human being: thinking, feeling, willing. Through hypnotherapeutic work on the senses, on representation and on the creative imagination, we can directly access the desires, everything that worked, works and could work, thus promoting the truly effective, profound, lasting change that each of us would like. To further improve the process of change, we will explore together the ancient and fascinating concept of *relational wisdom* that even in an artistic and philosophical sense allows to activate and further promote one's personal growth.

10:00 SALA PONTEVECCHIO

Presentation of the book As If

10:20 SALA PONTEVECCHIO

Introduction to the Open Spaces

The Team will organize the open spaces with the participants.

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10:30 SALA PONTEVECCHIO

EBTA-Award for Distinguished Contributions to Solution Focused Thinking

The EBTA Board will give the award.

10:45 LOGGIATO

COFFEE BREAK

11:00 SALA MICHELANGELO

EBTA Board Meeting

Meeting only for the members of the EBTA Board.

11:15 SALA PONTEVECCHIO

Future Play: Experiencing the Future Now! with Children and Families

Pamela King, USA

Inviting children to show what their bodies will be doing on miracle day is a rich and joyous invitation. Solution focused brief therapy turns conversation to the future. *What are your best hopes? How will you know this is useful?* Future Play uses play activities and role play to illuminate details about that imagined ideal future; it takes us into the “Act As If” part of the conversation. Children and families can act out, role-play, or somehow rehearse in words and actions their preferred future in this developmentally rich way. Through video, discussion, and experience we will practice the future with our whole selves. Come play with us in this interactive presentation.

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12:30

LUNCH BREAK

In the surroundings of the Convitto della Calza you will find many restaurants, trattorias and bars where you can have a good lunch. Use the map in your program to find them easily.

WORKSHOP SESSION 1

14:00 SALA BARGELLO

Solution Focus in every(day) interaction - Experiences from two years with SF on Tour!

Elfie Czerny and Dominik Godat, Switzerland

Join us on our journey as if you experienced it with us: After more than two years on the road with "SF on Tour" and the "SIMPLY FOCUS podcast", spreading SF on the road, interviewing SF practitioners worldwide, going back to the roots of SF and into the future with practitioners who were there from the beginning and others who newly got to know SF, we are back in Europe and are enthusiastic to create an SF learning experience with you. Join us on our – real or virtual – journey around our Solution Focused RV. Together we explore what differences applying SF principles in everyday interactions can make, how we can learn from differences, and how we can all spread SF even more.

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14:00 SALA SANTA CROCE

Dialogic Intelligence: Navigating from the movement in *As If* to the moments of *As Is*

Haesun Moon, Canada

In Solution Focused dialogues, how do conversation partners contribute in resource activation instead of problem activation? What are some uncommon practices and common mis-practices of imagining the 'as-if' and investigating the 'as-is'? This highly interactive workshop introduces a new tool called the Dialogic Orientation Quadrant (DOQ) that is making the process of co-construction visible in dialogues. Through an in-class demo, use of videos, and practical exercises, participants will experience the tool in observing their own process and progress.

14:00 SALA CARDINALE MISTRANGELO

Black Box Technique – SF work with decision making problems

Jacek Lelonkiewicz and Mariola Lelonkiewicz, Poland

Problems with decision making is one of the most often challenges for practitioners. Who did not meet a client who wants us to help her/him to make a decision, sometimes the decision, that can really matters? if you wish yourself to stay Solution Focused, you would not like to decide for the client or make a suggestion, but typically used tools and techniques, like balancing the value or counting of probability do not work. Or checking of consequences? Forget this. The more counsellor tries, the less it works!

Our clients are clever, intelligent people, they have checked already all the tools! But there is another way to deal with this practical problem. We hope to present you the simple to understand and easy to use way of taking this issue. Expect a simple explanation and possibility to exercise.

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14:00 SALA MICHELANGELO

As if... there is no therapist. A solution focused parent support group

Anne Braamse, Netherlands

Parenthood... isn't this one of the hardest jobs on earth sometimes? A job where everyone knows something that would help one another. And where most of us are full of good suggestions and ideas. If parents dare to ask for (professional) help, do we want to give advice and show how 'we' think it should be? Or do we want parents to believe in themselves again? In one of our parent groups we use the solution-focused-coaching. The goal is to step out as therapist as soon as possible. In order to be able to take a big step backwards as a therapist at the end of the journey and to see how these groups of parents supports each other in a solution-oriented way. Not only do the parents support each other, by the time we are ready parents know how to ask and coach each other and themselves in their parenting questions and skills. In this workshop you will experience it yourself.

14:00 SALA PITTI

10 years of the Computerized Solution-Focused Self-Help Program development: demonstration and outcome results

Rytis Pakrošnis and Viktorija Čepukienė, Lithuania

10 years ago, an idea of combining solution-focused and self-help approaches evolved out of the authors' curiosity in the potential of solution-focused methods beyond the traditional face-to-face work. Both approaches share deep belief in person's strengths and ability to initiate and maintain positive change autonomously and strive for achieving maximum with minimal amount of effort. Nevertheless, despite obvious similarities, there

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are only few available tools of self-help based on solution-focused ideas with very little or no data on their effectiveness. As a result of authors' work, in 2014 the Computerized Solution-Focused Self-Help Program was introduced to students as part of psychological services at one of Lithuanian universities. In the workshop we will overview our work of past 10 years by introducing the idea and steps of Program development; demonstrating the Program through a case example; presenting outcome results with subjective and standardized measures and a sample of more than 500 students. We will also invite participants to share their experiences with self-help tools and discuss possible pros and cons of using self-help in SFBT tradition.

14:00 SALA PONTEVECCHIO

Opening to imagination?

Riitta Malkamäki, Finland

During the years 2015-2018 OTE was one of the key projects of our Prime Minister in Finland to find totally new career opportunities for people with partial work ability. The objective of the project was to improve the labour market opportunities of people with impaired capacity for work by supporting them in continuing their work or finding new employment more easily than before. In addition, the project aimed to foster more positive and open attitudes towards greater diversity in working life. Solution focused approach was the foundation of the whole project. And in the end the official study reported some very amazing results in people's working styles, how much different kind of networking was going stronger and especially how much more people found new possibilities in (working) life! How to do that? Yes, our lovely preferred future-work was the key. And the big question was, how do a person find his/her way from sometimes very deep and dark place to the best they can imagine themselves to be? Almost 1000 people participated the trainings. What did we learn? How do we continue?

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WORKSHOP SESSION 2

14:45 SALA BARGELLO

That symmetry between problem and solution!

Bernardo Paoli, Italy

Since the dawn of Western thought, the first philosophers have underlined that it is impossible to know something if not through its opposite: one can only know light after having experienced darkness, good through evil. These symmetries are not merely a gimmick invented by humans to describe reality, but they are substantiated by nature as we know it. Symmetry is the simplest construct discovered and invented by humans to describe, explain, predict natural phenomena. Through symmetry, reality can be described, just as the symmetrical construction of our DNA; phenomena can be explained as well, as to why out of two identical twins one tends to be dominant, and the other remissive. Above all, events can be predicted, as it happened with the Higgs' Boson, theorized in 1964 starting from principles of symmetry in Physics, and detected 48 years later thanks to the LHC accelerator in CERN. Symmetry is everywhere, in nature, in art, in our aesthetic sense (beauty created by symmetry), as well as in problem solving: there is always a symmetry between problems and their solutions. The five principles of symmetry allow us to explain how change works, and how (symmetrical) prescriptions have been identified in Brief Therapies to avoid the 40 ineffective strategies that humans tend to fall more frequently.

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14:45 SALA SANTA CROCE

Solution Focused Play Therapy with children and adolescents

Elizabeth Taylor, USA

The presenter provides creative and hands-on approaches in a relatively new area of practice and research--Solution Focused Play Therapy (SFPT). SFPT gives practitioners options to using verbal approaches alone to help clients uncover strengths and possibilities. Although these approaches motivate and engage young clients, particularly those with disabilities, language/learning differences, and those who have suffered abuse, they also give adults different ways to communicate their challenges and strengths. The presenter will invite participants to engage in different techniques, such as photography, drawing, coloring, and collage, to illustrate the process of SFPT with children and adolescents, as well as those with disabilities. Handouts will be provided.

Objectives:

1. Participants will name the premises of SF Play Therapy and how they address the developmental levels of children and adolescents.
2. Participants will engage in play therapy activities that illustrate each of the stages of SFPT.
3. Participants will be able to apply SFPT to different populations.
4. Participants will recognize the strengths and limitations of SFPT and consider alternatives.

Schedule:

Part 1: Discuss the use of SF and Play Therapy in schools and agencies.

Part 2: Describe concerns working with those who have learning differences and difficulties working with clients who have various communication difficulties (bilingual, learning disability, physical problems).

Part 3: Provide description of each phase of therapy and what techniques might be helpful with different children and adolescents. After a specific phase, participants will be asked to participate in a technique that might be

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used at the phase.

Part 4: Strengths and limitations of SFPT will be addressed.

14:45 SALA CARDINALE MISTRANGELO

The Resilience Doughnut. Connecting strengths to thrive

Lyn Worsley, Australia

The study of resilience is nested in a strength and solution focused approach to positive wellbeing. The focus of resilience research is to study those who have survived and thrived through adversity. Based on this research, the Resilience Doughnut model shows the dynamic interaction of protective factors that can build personal and social competence that will last a lifetime. The use of the model, in a wide range of contexts, builds on what is working by, the deliberate search for strengths, designing programs that build on existing relationships and developing and inspiring new ways to connect strengths to thrive. An important part of a Solution Focused Approach is to draw on existing strong resources, and information regarding past success is often sought through purposely chosen questions. Using the Resilience Doughnut model as a conversational tool focuses on intentional and helpful relationships both in the past and present. As well as a resource finding tool, conversations using the model becomes a helpful guide for report writing and initial history taking to gather a picture of what has worked in the past and who it has worked with. A helpful aspect of the model is the dynamic interaction that occurs when activating the strengths. Families and communities become more connected around what is working rather than what is not. The presentation will introduce the model and have an interactive component where participants can apply the model to existing cases.

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14:45 SALA MICHELANGELO

SYPRENE, a Systemic Practice Research Network to improve practice

Grégoire Vitry and Olivier Gabriel Brosseau, France

SYPRENE is a new international Systemic Practice Research Network (PRN). It has been created to bring together practitioners in a systemic approach (SF, strategic, narrative, hypnosis, structural...) and to stimulate meetings, exchanges on their specificities, and the improvement of knowledge and practices. SYPRENE runs two monthly webinars (including one in English), and has developed an innovative research methodology and database encoding program for practitioners. It stimulates rigorous note-taking, feedback questionnaires use, and interactive loops monitoring. The SYPRENE research methodology proposes a tool to improve practice for experienced practitioners as well as a learning tool for those in training. SYPRENE invites any practitioner to participate, in particular in SF. It offers a rigorous method using A.P.A. standardized scales to evaluate and log the patient's perception of the problem, symptoms, and feedback (with patient's point of view on his or her state of well-being, therapeutic alliance, process of change...), interactive loops, attempted solutions, general elements of the strategy of change (objective / language used, strategy...), interventions (eg. "as if" or "miracle question"), etc., thus allowing advanced research work on practice-based systemic therapies effectiveness and efficiency to be considered over time.

14:45 SALA PITTI

AS Without IF - Mind the Gap

Matthias Schwab, Germany

An invitation to take part in a conceptual investigation of a minimalist

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account of the conference motto „As if“. Toying around with Ockham’s razor we explore different modalities or forms of our acting. Is it more minimal to shave or to grow your hair? I hope to share the confusion, that insight is creating between me and others. What if this takes us towards experiences of mindless mind? There will also be some bits of Robert Musil, Ludwig Wittgenstein, Fra Angelico and Marcel Duchamp. If you enjoy being with those people, come along.

14:45 SALA PONTEVECCHIO

SF rehabilitation work with burnout of civil and human rights activists, journalists and helpers of nonprofit organizations

Dmitry Stebakov, Olga Khokhlova and Irina Kosterina, Russia

Civil society in Russia has its own specifics and difficulties: this is stigmatized profession and high risky field of activity. Human right activists are often work under pressure and face the repression from the government bodies, they stigmatized, overworking, have limited financial resources, face a lot of challenges with low chance to make a change, experience a lot of helplessness and sometimes threat persecution or life danger. That is why they often experience high stress and face a specific burnout syndrome. Free Happy People developed a rehabilitation program to deal with burnout syndrome and to reduce stress effects on life of human right activists and specialists from non-profit organizations. SF approach is one of the basics of the program and SF-thinking supports the hope in small steps that can lead to a change of lifestyle and life quality of our target group to help them to continue their work. The rehabilitation program is a three day training in a place of healing environment and atmosphere of exploration of oneself in a new context, new place, within new activities and in a pace different from the usual one. We try to create a system where our clients can switch to something new and observe things from a different perspective and to do something different instead. We invite people to think about useful skills

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that can help them to deal with their problems and create circumstances where they start to train their skills and get a support of the community in it. We encourage them to talk with each other about their hopes and dreams to construct a preferred future and do a lot of supporting activities to let them find their strengths and resources and feel empowered in what they are doing. We will talk about the system the program is based on, "healing factors" based on SF techniques and methods and about our difficulties as well. We will be happy to collect your feedback and ideas about what else we could do to make our program more effective.

15:30 LOGGIATO

COFFEE BREAK

WORKSHOP SESSION 3

16:00 SALA BARGELLO

"As If"-descriptions

Anne-Marie Wulf and Karin Pharés, Denmark

Ever since the groundbreaking paper *Brief Therapy: Focused Solution Development* (1986) by de Shazer et al., the use of focusing on clients descriptions have been a part of the Solution Focused approach. Practitioners ask questions with the intension to get clients descriptions of life, when the problem isn't present (exceptions)– or descriptions of moments in the preferred future (glimpses of the life they want). Thus we encourage describing, and some practitioners even suggest for the Solution Focused approach to be a description-model (*Brief Therapy: Focused Description Development* by Iveson & McKergow, 2016). Iveson & McKergow states, that three basic questions share a *focus on description and only description. The broad description of an outcome, a more detailed description (perhaps beginning with a 'miracle' or 'tomorrow' question and*

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a description of past and present instances of the hoped-for future happening -usually summarised in a scale-). This workshop puts focus on descriptions as a part of the conversation, but we look at descriptions in a certain way J Descriptions AS IF you were missing a sense, and therefore had to do without: Imagine you woke tomorrow and had no sense of hearing, how would you describe your alarm clock ? Or suppose you lost your ability to taste, how would you describe your breakfast? How would you describe it if you had no tactile sense? This is a playful workshop focusing on descriptions in the light of our different senses. Our best hope with the workshop is that participants as well as presenters will co-construct new layers of how to facilitate descriptions, while at the same time having a bit of a laugh J AS IF this workshop was to be fun.

16:00 SALA SANTA CROCE

Solution-focused intervision: how to create a resource space for professionals

Evgeniya Kuminskaya, Russia

Intervision is a space where professionals discuss each other's complex cases as equals. It gives support, the opportunity to look at the case from a new perspective, helps to improve professional skills and, as a result, to work more efficiently. We will discuss what an intervision is and how it differs from other forms of group work. I will tell you about different types of intervisions and how to organize an it for your group. We will talk about using SF-approach in interventions, and advantages it gives. I will share the experience of the Intervision group in Moscow and share what group members say about the benefits of intervision: both those who brought their cases and those who participated in the discussion.

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16:00 SALA CARDINALE MISTRANGELO

What if ... SF creative connectedness can open minds and touch hearts?

Ella de Jong, Netherlands

My best hope while presenting this workshop:

Attendees come with an open mind, ready to listen, experience and discuss.

Attendees want to try out various SF creative assignments.

Attendees will experience the effect of connectedness.

Attendees will respectfully exchange their vision about the creative assignments related to three statements.

Attendees will leave the workshop with a smile and new ideas.

Start of the workshop:

Short introduction of my choice for presenting this topic.

Introducing three statements about:

teaching

motivation/learning

working solution focused

Main part of the workshop:

Attendees can choose from 7 SF creative assignments.

Every 7 minutes there will be a possibility to change

After at least 5x 7 minutes the carousel stops.

Ending the workshop:

Looking at the statements, we discuss whether the assignments fit the statements and how it can be helpful while working with groups.

Statements:

Teaching - a teacher takes a hand, opens a mind and touches a heart.
(unknown)

Motivation/learning:

Competence + Autonomy + Relation (Deci & Ryan)

Working solution focused:

Hope + Creativity + Collaboration (Ben Furman)

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16:00 SALA MICHELANGELO

Solution-Focused Group Counseling program, for adolescents living in child protection centers. What remains after all?(An unofficial follow-up after 3 years)

Eugenia Savvidou, Greece

Three years ago, I conducted a SF research, as a part of my thesis in counseling psychology master. I designed, implemented and evaluated the effectiveness of a Solution-Focused Brief Counseling (SFBC) Group work program, for adolescents living in child protection centers. The sample was consisted of 44 teenagers (26=control group, 18= intervention group), who were based on 3 different centers. The participants reported that throughout the program, learned how to set and achieve their goals. They also came closer with the rest of the team, through sharing common issues and finding support and contribution from their peers. Three years later, a question was coming again and again in my mind. What remains after all? Did that program make any difference in the lives of those adolescents? So I conducted an unofficial follow-up measurement by asking them via Facebook's Messenger. During my presentation, I would also invite you to discuss the following questions: For how long can an SF intervention affect clients? Does the SF counseling function as a "band-aid in the wound", or constructs of a new language, which clients learn to speak for a lifetime?

16:00 SALA PITTI

Solution-Focused Wellness: an evidence-based approach to lifestyle change

James Beauchemin, USA

Research indicates that college students are experiencing mental health

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challenges of greater severity, and an increased number of students are seeking help (Watkins et al., 2011). Contributing to the compromised wellness of the college student population are the prevalence of unhealthy lifestyle habits and behaviors such as alcohol consumption, tobacco use, dietary concerns, risky sexual behaviors, and lack of physical activity (Downes, 2015; Yahia et al., 2016). This presentation will introduce a Solution-Focused Wellness (SFW) intervention model and examine wellness domains, solution-focused strategies to promote personal well-being, and provide supporting research from three separate studies that illustrate intervention effectiveness with a collegiate population. Wellness can be described as “a way of life oriented toward optimal health and well-being, in which mind, body, and spirit are integrated by the individual to live life more fully within the human and natural community” (Myers et al., 2000, p. 252). The subjective nature of wellness has led to numerous models and frameworks (e.g. Hettler, 1980; Zimpher, 1992). Consistent among these models is the conceptualization of wellness as a multidimensional construct, incorporating domains such as physical, social, emotional, spiritual, and intellectual wellness. Given the subjective and personal nature of wellness, a therapeutic approach that provides the opportunity for individuals to conceptualize and operationalize wellness themselves is critical to facilitating lasting wellness-based change. Solution-Focused Brief Therapy (SFBT) is a strength-based modality defined by its emphasis on constructing solutions rather than focusing on problems, and the assumption that clients have the resources and capacity to change (De Jong & Berg, 2013). SFBT has demonstrated effectiveness as a brief therapeutic intervention with the college population (Ng et al., 2012; Sari & Yayci, 2013), in groups (Lafountain Garner, & Eliason, 1996; Zimmerman, Jacobsen, MacIntyre, & Watson, 1996), and related to health and wellness (Dolan, 1997). By integrating SFBT strategies with personal wellness, a brief intervention was developed to support college students in establishing lifestyles trends consistent with their definitions of wellness. Research supports the effectiveness of a SFW model in improving college student wellness in both face-to-face and web-based formats. Using a RCT study design, a seven-week group SFW intervention was effective in improving perceived wellness

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$F(1, 47) = 25.99, p < .01$, and reducing stress $F(1, 47) = 20.19, p < .01$. A follow-up longitudinal study revealed significant differences across time for perceived wellness $F(1, 42) = 31.84, p < .01$ and stress $F(1, 42) = 25.39, p < .01$ indicating that a brief SFW group intervention led to lasting wellness-related changes at six-weeks post intervention completion. Finally, a web-based SFW module was created to assess wellness changes, revealing significant improvement over time for perceived wellness $F(2, 158) = 6.38; p = .002$, satisfaction with life $F(2, 152) = 4.14, p = .018$, happiness $F(1.78, 126.22) = 9.69, p = .000$, and a reduction in stress $F(1.74, 126.77) = 3.30, p = .047$. Overall, there is compelling evidence that utilization of a Solution-Focused Brief Therapy approach with college students can help to improve personal wellness and establish healthy lifestyle trends.

16:00 SALA PONTEVECCHIO

Solution focused brief therapy approach to domestic violence in Koivula Domestic Violence Support Service

Maria Alaaja and Kati Aitkoski, Finland

At this presentation, we would like to introduce our work in *Koivula Domestic Violence Support Service*, where we use solution focused therapy methods to help individuals and families to overcome domestic violence. Our goal is to work with the whole family to stop domestic violence; to help surviving the effects of violence; and supporting the alternative non-violent behavior. *Koivula* is located in Vantaa, Finland, and has offered services since 2014. There are six *Domestic Violence Counselors* working in *Koivula*, who all are trained professionals specialized in domestic violence. *Koivula* is part of the non-governmental organisation *Vantaa Shelter Association* and is funded by Finland's national *Social and Healthcare Funding Organisation STEA*, and partly by city of Vantaa. *Koivula* is part of the municipal domestic violence prevention network in the city of Vantaa, and we work in co-operation with the police, parental clinics, child protection services, mediation office, and other social- and healthcare organizations. Our

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services are confidential, free of charge and available to anyone. Our clients can use our services anonymously. In Koivula we offer help and support to all parties in domestic and intimate partner violence - victims, perpetrators and children, regardless of gender. Our funding enables us meeting any individual client for up to 5-10 appointments. We representatives use the solution focused therapy methods in our work. Using the solution focused approach in domestic violence work offers many benefits for both the client and the therapist, and for the funding organization as well:

- SFBT is cost efficient: it is effective in a relatively short time, as it is pragmatically creating change on a practical level.
- SFBT approach offers a humane, punitive-free approach to behavioral change when working with domestic violence offenders, hence the interventions are generally well received with no resistance. SFBT promotes client's capability, resourcefulness, strength-based resilience, and hope in coping and overcoming traumatic life events.
- Because of its focus SFBT also shields the therapist from the impact of the vicarious traumatization when working with traumatized clients.

In our presentation we would like to present some examples of the effective solution focused methods in domestic violence work with both victims and perpetrators, such as a scale, tomorrow question, scripts, techniques for triggers, trauma and stress recovery, survival questions, and small steps.

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16:00 SALA FRANCIABIGIO

Problematic Gaming and Internet habits: a Solution Focused Approach

Sebastien Vernieuwe

Description: The daily presence of internet, social media and online gaming must have been one of the most noticeable developments of the past decade. The impact of some of these applications are world-changing, life-changing, mind-changing and most of the time confusing by the sheer speed of their development. In therapy and counselling we encounter a growing group of children, teens and adults asking us themselves, or after referral by their surroundings, to help them tackle issues attributed to their online activities. How do you approach these questions with your Solution Focused skills? The Bruges Model has a long standing reputation on addiction treatment and has also been a great inspiration with this newest arrival on “The map of addictions”.

PROGRAM: 21 SEPTEMBER 2019

WORKSHOP SESSION 4

**16:45 SALA BARGELLO, SALA SANTA CROCE, SALA CARDINALE
MISTRANGELO, SALA MICHELANGELO, SALA PITTI, SALA
PONTEVECCHIO, LOGGIATO**

OPEN SPACES

All of You

All rooms will be available to create discussion groups on Solution Focused topics.

17:30

BREAK

17:30 SALA DEL FRANCIABIGIO

Guided tour of the Cenacle of Franciabigio

By a professional tour guide

For art lovers, it will be possible to admire the Renaissance cloister and the Last Supper painted by Franciabigio in 1514. Visit by reservation for 2 groups of 30 people each.

17:45 MICHELANGELO

International cooperation task group meeting

Meeting only for the members of the international cooperation task group.

PROGRAM: 21 SEPTEMBER 2019

20:00 LOGGIATO

CONFERENCE GALA DINNER

PROGRAM: 22 SEPTEMBER 2019

PLENARY SESSION

9:00 SALA PONTEVECCHIO

The value of interview microanalysis

Marie-Christine Cabié, France

It is currently accepted by SF therapists that therapy is the co-construction of a narrative, a new reading of reality. This is done at the cognitive and experiential levels, the two levels being mutually reinforcing. Brevity results from putting the client to work to reconnect with his or her resources and skills, to take small steps towards a goal that he or she has defined. The client is the one who runs the therapy. The therapist can be considered as a catalyst. How is this co-construction done? Steve de Shazer and Insoo Kim Berg wrote in 1993: "We came to consider that the meanings obtained in a therapeutic conversation are developed through a process that is more in the realm of negotiation than in that of understanding or discovering what is really happening". Steve de Shazer called his post-structural vision of word functioning in therapy interactive constructivism. This implies a post-structuralist vision of language in which the meanings of words are constructed on the surface of a conversation, in a social interaction. They can evolve during a conversation. It also implies a collaborative vision of dialogue with the creation of meanings shared by dialogue participants Janet Bavelas and all's research in interview microanalysis sheds light on the co-construction process by focusing on the surface of the conversation. For example, the notion of grounding, which corresponds to the construction of a common meaning base, is particularly instructive.

10:00 LOGGIATO

COFFEE BREAK

PROGRAM: 22 SEPTEMBER 2019

10:30 SALA PONTEVECCHIO

Co-constructing the vision of Solution-Focused Group-Work: how would we like it to look like?

Yaron Yagil and Shulamit Geller, Israel

Solution-focused deed is about co-construction: by asking questions, 'solution-focused practitioners' lead 'change-seekers' through constructing a 'preferred-futures'. The solution-focused deed builds upon several core principles: (i) humanism (people wish to grow and actualize themselves), (ii) phenomenology (each person is unique, and perceives the world in a unique manner), (iii) Language and thought are vehicles through which real-life solutions can be constructed, (iv) Change relies on intrinsic motivations, (v) 'change-seekers' know best how to realize their preferred-future (non-declarative procedural knowledge), (vi) change is incremental, (vii) Therapy is about focusing attention on 'preferred-futures' and not on the very process of changing. Therapeutic group-work serves both a setting and a mean for achieving therapeutic aims. By thoroughly and carefully planning the interplay between structure, setting and content, the group participants can profit its potential additional benefits, and minimize its pitfalls. The aim of the conference-session is to experience the arena of a group-setting in which we attempt to implement principles of the solution-focused approach. Instead of a lecture about theory and practice guidelines, participants will be invited to actively take part in a simulation of a solution-focused group-work, which task/aim is to co-construct the vision of a 'preferred solution-focused group-work' and signal what we perceive as signs of 'best group-work'. Out of this experience, challenges and issues which demand further reflection might emerge.

PROGRAM: 22 SEPTEMBER 2019

11:30 SALA PONTEVECCHIO

A SF postcard from Florence

Marco Matera, Italy

12:00 SALA PONTEVECCHIO

Presentation of EBTA Conference 2020

Italian and Danish Organizing teams

12:15 SALA PONTEVECCHIO

Closing remarks and greetings

All of Us

PROGRAM: 22 SEPTEMBER 2019

POST CONFERENCE

15:00 SALA PITTI

Solution Focused supervision

John Wheeler, UK

Solution Focused supervision might be a conversation in which the supervisor helps the supervisee to practice SF well by drawing on the expert knowledge of the supervisor. When SF assumptions are transferred from practice to supervision, however, the typical power dynamics of professional supervision are radically changed, placing the supervisee much more in the driving seat of their practice. John has been developing his application of SF assumptions and questioning for 30 years with Social Work trainees and Family Therapy trainees on placement, groups of school counselors and a variety of professionals who wanted to know more about SF Practice or had heard about his approach to supervision by word of mouth. The workshop will include demonstrations, opportunities to practice and maps for supervision John has drawn on including 10 good reasons for Solution Focused Supervision, Multiple levels of Influence in SF supervision and Three simple options for the SF supervisor .

CV

UKCP Registered Systemic Psychotherapist
Full member of Solution Focus in Organisations
Professionally qualified Social Worker and Practice Teacher
Managing Director of Solution Focused Trainers delivering externally validated training in SF Practice throughout the UK
Member of the Board for EBTA
Past President of IASTI, the International Alliance for SF Training Institutes
Member of the Editorial Board of the Journal for Solution Focused Brief Therapy
Past editor of Solution Focused Research Review.
Author of over 35 articles and book chapters

EBTA CONFERENCE 2019, FLORENCE

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STEVE'S RECIPE OF SICILIAN SPAGHETTI SAUCE

It is like this:

- 3 to 4 ponds fresh tomatoes, chopped, or 2 x 28 ounces cans diced tomatoes
- 6 cloves garlic, peeled and chopped
- 3 tablespoons capers drained and rinsed
- 2 small boxes raisins
- 1 small bag slivered almonds
- 1 teaspoon hot pepper flakes
- 2 tablespoons fresh basil 3 ponds chicken thighs (about 8)

In a stock pot, heat olive oil for about 2 minutes

Sauté garlic, medium-low heat, for about 2 minutes

Raise heat medium, add tomatoes for about 10 minutes

Add remaining ingredients except herbs for about 20 minutes

Add basil reduce to low heat

In a large frying pan, heat olive oil for about 1 minute

Add 4 thighs, skin side down, for about 5 minutes, turn and fry the other side for 5 minutes, turn and again fry for 3 minutes, then finally turn and fry again for 3 minutes. Remove to paper towel. Once cool remove skin.

Repeat step 7 with the remaining thighs.

Add to sauce and simmer for about 20 minutes

Serve over spaghetti type pasta.

Serve to very hungry therapists 😊