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Calendar of Learning Opportunities and Activities for 2010

Are you looking for learning opportunities to develop competencies and confidence in using the Solution-Focused Brief Approach to enable change that makes a difference? Looking to develop your skillfulness in using language and communication as a vehicle to enable change? This calendar outlines what is on offer from Solution-Focused Futures in 2010, and includes:

- **training courses** for therapists and counsellors, educators, and coaches, including the SolutionSurfers Brief Coaching Programme which is an ICF (International Coach Federation) accredited coach training programme
- **continuing professional development:** supervision groups; skills practice sessions; DVD events

Steve de Shazer once said about learning and practising SFBT- "It is simple, but it ain't easy". While it may not be easy, we aim to offer creative, inspiring, enjoyable and enabling learning opportunities.

Training Courses

Introduction to the Solution-Focused Brief Approach - 1-day - Cost: R950

Are you looking for some exposure to the solution-focused brief approach? This popular introductory course has been attended by more than 700 participants over the past 7 years. It is designed for experienced practitioners as well as those starting out in therapy, counselling, coaching or education. By the end of the course you will be in a good position to decide whether you would like to pursue further training and/or supervision in the solution-focused brief approach, and will take away some fresh ideas and skills to explore and experiment with.

Developing Competence and Confidence in Solution-Focused Brief Practice 2-days - Cost: R1750

This course is suitable for those who are familiar with the solution-focused brief approach through attending the 1-day introduction course or an equivalent. The course is designed for those who wish to develop their knowledge and understanding of the approach, as well as improve their ability to practice the approach. Included are the origins of the approach, a focus on language as a vehicle for change, and skills practice opportunities. Participants who are looking for a comprehensive course in SFBP can combine the 1-day introduction course with this course as a 3-day package. Special rates apply for this 3-days continuous option.

Brief Coaching PURE - 9 days offered as 3 x 3-day modules (70 hours) Cost: details sent on enquiry

This course is offered as part of the SolutionSurfers Programme for training in Solution-focused Brief Coaching. We are proud to make this well respected Switzerland-based training programme available locally to South Africans. It is particularly suitable for those keen to use language and conversation as a means to create workplace improvement and achieve desired outcomes for all stakeholders.

Are you already a coach, consultant or a manager with coaching responsibilities? Do you have experience in solution-focused brief practice and want to move into Brief Coaching? Do you have no or little coaching experience but you want to take your first steps as a Brief Coach? This PURE course takes you straight to the heart of Solution-focused Brief Coaching. Watch, practise and discuss Brief Coaching in action, become comfortable with the basic Brief Coaching tools, get individual coaching, feedback and support to become competent and confident as a Brief Coach.

This course is also suitable for those who are seeking eligibility to the sought after, and industry respected accreditation by the International Coach Federation (ICF) in their individual capacity as a coach. Participants who successfully complete the PURE course will be issued with a *Diploma in Brief Coaching* from SolutionSurfers, which is an ICF accredited coach training programme. Details of how to apply for Associate Certified Coach status (ACC) with the ICF will be provided.

Brief Coaching PLUS by tele-classes (40 hours) Cost: Euro 1950 - see www.solutionsurfers.com

Have you completed the Brief Coaching PURE course, or, have you some equivalent Brief Coaching experience and/or solutions-focused brief training? Do you want to deepen your knowledge and skills via a sustained, time-efficient learning opportunity that you can participate in from your home or office? Are

you wanting to explore and develop virtual coaching practice?

Join the PLUS tele-classes to reflect on your Brief Coaching practice and your progress thus far. Offer and receive individual and small group feedback. Strengthen and expand your coaching competencies, your understanding of Brief Coaching, and develop a context-sensitive repertoire of practice tailored to the situations in which you practise Brief Coaching.

English is the medium of learning. You will connect from your telephone via a low-cost tele-conference landline facility at the designated times.

Participants who successfully complete the PLUS course will be issued with a *Practitioner's Diploma in Brief Coaching* from SolutionSurfers, which is an accredited coach training programme with the ICF. You will also be eligible to enroll for the PRO course whereby you can increase your ICF accreditation status to Professional Certified Coach (PCC).

Continuing Practitioner Development: Refreshing and Maintaining

Are you wanting to keep your practice alive and fresh? Would you like a context of openness and curiosity in which to experiment and explore with fellow practitioners? Concerned about maintaining a quality service aligned with professional ethics? Consider registering for one or more of the opportunities outlined below.

Skills Practice Intensive ½ day (4 hours) - Cost: R595

Join one or more skills practice sessions to immerse yourself in reflecting upon, practising, and giving and getting feedback about solution-focused brief practice. These sessions will focus on DOING the work rather than being about TALKING about doing the work. Experience will be transformed into learning through individual and small group reflection activities. You will leave these sessions with ideas about how to monitor and sustain your practice. Prior training and/or experience in SFBP required to benefit.

Supervision Groups - blocks of 5 sessions of 1½ hours each, approx monthly (7 ½ /15 hours)

Are you looking to meet regularly with a group of fellow practitioners? Group supervision sessions offer opportunities to reflect, explore and share resources. These sessions will assist you in developing your knowledge and skills so as to offer services characterized by simplicity, which enable clients to make changes in their work and/or personal lives that make a significant difference. Participants will need to register and pay R500 for a block of 5 sessions. (These sessions are held in Cape Town. Virtual sessions by telephone, e-mail or skype are available.) Prior training and/or experience in SFBP required to benefit.

DVD Event (2 hours) - Cost R80

Do you learn well by watching and listening to the work in action? Would you like to experience a complete session of therapy or coaching practice? Keen to see what clients report as useful and what happens in subsequent sessions? The DVD events offer you opportunities to observe, reflect and then explore your observations and questions with others. Suitable novices and experienced SFB Practitioners.

Website and Newsletters

Would you like to be kept up to date about what's on offer? Would you like to receive news information, and access to resources? Please subscribe to the Solution-Focused Futures mailing list via the website - www.solutionfocusedfutures.com

Would you like more detailed information about these learning opportunities?

An information sheet for each is available on request by e-mail or phone

All course costs include materials, refreshments and light lunch

Some information about us

Svea van der Hoorn - I have been training in and practising the Solution-focused Brief Approach since the early 1990s. Training undertaken with BRIEF, London; Insoo Kim Berg via University of Wisconsin, Milwaukee; Peter Szabo's SolutionSurfers Brief Coaching: Trainers Track. Experience as a trainer, therapist, senior and project manager, and coach. Doctorate in systems thinking and adult learning.

Belinda Druker - I have been training and practising in the Solution-focused Brief Approach since the mid-1990s. Experience as a trainer, therapist, and schools-based practitioner.

We are both registered educational psychologists

Read more about us and the Solution-focused Brief Approach on the website

www.solutionfocusedfutures.com

At a glance – the Solution-Focused Futures 2010 Calendar for South Africa

Month	Dates	Activities and Notes	Code
Jan	T 19 W 20	Tuesday supervision group – Block 1 session 1 Wednesday supervision group – Block 1 session 1	TSV2010/1 WSV2010/1
Feb	T 16 W 17 T 23 W 24-Th25	Tuesday supervision group - Block 1 session 2 Wednesday supervision group – Block 1 session 2 Starting out: Introduction to the Solution-Focused Brief Approach: 1- day training course Developing competence and competence in solution-focused brief practice: 2-day training course	TSV2010/1 WSV2010/1 Intro 2010/1 DCC 2010/1
March	T 09 W 10	Tuesday supervision group – Block 1 session 3 Wednesday supervision group – Block 1 session 3	TSV2010/1 WSV2010/1
April	W 07 T 13 T13 W 14 W 14 W 21 W 28	Brief Coaching PLUS – Tele-class 1 Tuesday supervision group – Block 1 session 4 DVD Event 1 – 19h00 to 21h15 Brief Coaching PLUS – Tele class 2 Wednesday supervision group – Block 1 session 4 Brief Coaching PLUS – Tele class 3 Brief Coaching PLUS – Tele class 4	TCPL2010/1 TSV2010/1 DVD2010/1 TCPL2010/2 WSV2010/1 TCPL2010/3 TCPL2010/4
May	W 05 – F 07 T 11 W 12 W 12	Brief Coaching PURE Module 1 Tuesday supervision group – Block 1 session 5 Wednesday supervision group – Block 1 session 5 Brief Coaching PLUS – Tele class 5	BCPURE2010/1 TSV2010/1 WSV2010/1 TCPL2010/5
June	W 02 W 09 W 16 W 23 W 30	Brief Coaching PLUS – Tele class 6 Brief Coaching PLUS – Tele class 7 Brief Coaching PLUS – Tele class 8 Brief Coaching PLUS – Tele class 9 Brief Coaching PLUS – Tele class 10	TCPL2010/6 TCPL2010/7 TCPL2010/8 TCPL2010/9 TCPL2010/10
July	W 07 W 14 W 21 T 27 T 27 W 28 W 28 W 28	Brief Coaching PLUS – Tele class 11 Brief Coaching PLUS – Tele class 12 Brief Coaching PLUS – Tele class 13 Tuesday supervision group - Block 2 session 1 Skills Practice – Coaching and Education focused Wednesday supervision group – Block 2 session 2 Brief Coaching PLUS – Tele class 14 Skills Practice – Counselling and Psychotherapy focused	TCPL2010/11 TCPL2010/12 TCPL2010/13 TSV2010/2 SK2010/1 WSV2010/2 TCPL2010/14 SK2010/2
Aug	M 02 T 03-W04 T 17 W 18 W 18	Starting out: Introduction to the Solution-Focused Brief Approach: 1- day training course Developing competence and competence in solution-focused brief practice: 2-day training course Tuesday supervision group – Block 2 session 2 Wednesday supervision group – Block 2 session 2 DVD Event 2 – 19h00 to 21h15	Intro2010/2 DCC2010/2 TSV2010/2 WSV2010/2 DVD2010/2
Sept	T 21 W 22 W 29 – F 01	Tuesday supervision group – Block 2 session 3 Wednesday supervision group – Block 2 session 3 Brief Coaching PURE Module 2	TSV2010/2 WSV2010/2 BCPURE2010/2
Oct	T 26 W 27	Tuesday supervision group – Block 2 session 4 Wednesday supervision group – Block 2 session 4	TSV2010/2 WSV2010/2
Nov	W 24 – F 26 W 24 T 30	Brief Coaching PURE Module 3 DVD Event 3 – 19h00 to 21h15 Tuesday supervision group – Block 2 session 5	BCPURE2010/3 DVD2010/3 TSV2010/2
Dec	W 01	Wednesday supervision group – Block 2 session 5	WSV2010/2

Contact details and further information

Wanting to register your interest in one or more learning opportunities in order to receive the detailed information sheets? Wanting to make a booking to secure a place?

Via the website: www.solutionfocusedfutures.com

Via e-mail: svea@solutionfocusedfutures.com

Via telephone: +27 (0)21 6869112 or +27 (0)725339626 (mobile) for South Africa.

Via telephone: +61 (0) 410649490 for Australia and International mobile.

Via Skype: sveavanderhoorn

Please remember to include your contact details plus the activity title/s and code/s