

## **Solution focussed therapy**

### **Course Aims**

To provide an introduction to the principles and techniques of Brief Solution Focussed Therapy (BSFT).

### **Course Objectives**

- To understand the simple but effective BSFT tools for working more successfully, how these tools can be used when communicating, and how the approach can help to identify different solutions.
- To understand what “client centred” really means and gain increased confidence when working with complex and difficult situations.