SOLUTION FOCUSED INTERACTIONS
OVERVIEW

Solution Focused Interactions are a relatively new approach to problem resolution and positive change, often helping clients achieve their goals in a short period of time.

Rather than focusing on what the problem is and where it came from, Solution Focused Interactions focus on the future and what the client will be doing when the problem is gone. There is little attempt to look at the past, to understand problems, or to explain how the client got where they are today. This reflects one of the approaches’ key assumptions; that solutions do not necessarily have anything to do with problems.

Here at Robert Gordon University, we offer a range of training courses and workshops in Solution Focused Interactions; delivered at your site, to your staff. We provide training in solution focused interactions, solution focused brief therapy, and solution focused coaching for teams and organisations. We also provide a forum for discussion among solution focused practitioners, maintain a focus for research and scholarly activity in the field of solution focused practice, and offer student support and self-help materials within the university. We also offer the first academically credit-rated training course in solution focused brief therapy in Scotland.

Recent clients have included NHS Trusts in Orkney, Fife, the Western Isles and Greater Glasgow and Clyde, the veteran’s support organisation Combat Stress, and third sector organisations including Fife Peer Support.

BENEFITS TO EMPLOYERS

- Learn how to create positive change using solution focused interactions.
- Use effective communication to improve motivation, confidence and clarity.
- Quickly develop skills in dealing with the most challenging groups.
- See measurable results from Day 1.
- Get more for less: discover how to achieve improved results with less input.
- Find processes and pathways to successfully respond to changing circumstances using solution focused interactions.
- Our workshops can be delivered on site to your staff and tailored specifically to meet the needs of your workforce.

WHAT DO WE OFFER

We offer a range of in-house training events that can be tailored to meet the specific needs of your company or organisation.

- A two-day Introduction to Solution Focused Interactions workshop
- A four-day Introduction to Solution Focused Interactions workshop
- A three-day Solution Focused Approach to Supervision workshop
- A bespoke event built around your needs, to your specifications.
Participants will learn how to explore the problems people present with; not from the point of view of how these problems originate and how they are maintained, but from the position of exploring solutions and how they operate. The workshops show how to develop solutions which are generated by the person with the problem, and not by the manager, and are applicable to all fields of activity. Workshops are underpinned by three important principles:

1. The resources for change are in the client; she/he is the expert.
2. 'No problem can be solved from the same level of consciousness that created it': solution building is very different from problem solving.
3. The coach does not need to know anything about the facts and circumstances of the problem (see principle #1).

The techniques and methods the approach utilises are equally suitable for use in formal and informal settings.

Workshops will introduce participants to the principles and tools of solution focused interactions and offer the opportunity to practice these in a safe environment. Previous knowledge is not required, although a willingness to look at people and their problems from a different direction is advantageous.

In addition, the School of Nursing and Midwifery offer accredited courses in Solution Focused Brief Therapy and Application of Solution Focused Brief Therapy. For further information on these, contact Steve Smith on +44 (0)1224 262631, email steve.smith@rgu.ac.uk or see our website at rgu.ac.uk/solutionfocusedinteractions.

TESTIMONIALS

“Steve Smith has facilitated the provision and delivery of an accredited course locally in the recent past. The training was delivered to members of the Community Mental Health Team and to professionals from different backgrounds out-with the team (including the third sector). This arrangement offered a valuable opportunity to strengthen links across several local organisations, links which have been maintained since the training."
(Manager: Orkney)

“Found the course in general very valuable, interesting and very enjoyable especially role plays! To my surprise!! Found Steve to be an excellent role model – very knowledgeable, supportive. Would recommend this to my colleagues”.
(Six-month course participant: Aberdeen)

“We have found Solution Focused Interactions not only to be highly cost effective in the efficiencies and savings they have produced but also in highlighting strengths and hitherto unseen resources in the current austere financial climate. We are so impressed by the benefits we are attaining from our relationship with Steve through Robert Gordon University that have entered into a Memorandum of Understanding to develop our common interest in a spirit of partnership."
(Service Manager: Fife)

“A very good session over the 2 days. A lot to think about made easy to understand. Feel prepared to put this into practice!"
(Two-day workshop participant: Ayr)
Steve Smith has been a solution focused practitioner for almost twenty years. His background is in mental health, with over twenty five years clinical experience, much of it spent in the North-East. Steve first became interested in solution focused interactions in the early 1990’s and has successfully used the approach, as a therapist, coach and supervisor, in both NHS and private practice. He is currently an Enterprise Fellow and a Lecturer at the Robert Gordon University, and has developed and facilitated workshops and training modules in solution focused interactions since 1999.

For further information and to discuss customised delivery, please contact us at:

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