

# Solution Focus Brief Therapy Training



## Instructor(s):

Sheri Marquez, LMFT  
Melissa Pudgil, LCSW

## *Instructor(s) Information:*

Sheri Marquez is a Licensed Marriage and Family Therapist (LMFT) with over 25 years of experience in the mental health field. She obtained her master's degree from Loma Linda University. She has worked for RUHS-BH since 2015 as a Behavioral Health Supervisor for the Lehman Center Clinic.

Melissa Pudgil is a Licensed Clinical Social Worker (LCSW) with years of mental health experience. She obtained her Masters degree with University Sothern California. She has worked for RUHS since 2017 and is currently a Social Service Supervisor II with California Children Services RUHS-PH.

## *Course Description:*

*This workshop is an interactive exploration of the basic concepts of Solution Focus Brief Therapy (SFBT). It is designed so that participants can leave the workshop and start using the interventions immediately. The beginning of the workshop is on the use of Metaphor and its relationship to cultural awareness. The central part of the workshop is focused on the 12 basic concepts of Solution Focus Brief Therapy and how they are used. Participants receive study material in advance of the workshop in order to fully take advantage of the small group processes. The last part of the workshop focus on the structure of the session.*

**Date:** August 16, 2023

**Time:** 8:30am-5:00pm (arrive at 8:15am for registration check in)

**Location:** 2085 Rustin Ave Riverside Ca 92507 Entrance 1 Conference Center

RUHS-BH Staff and interested partners- Please register for this course via : [www.rcdmh.org/wet](http://www.rcdmh.org/wet)

**Free to all registered participants**

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at  
(951) 955-7270 at least fourteen days (14) prior to the course date.

**Solution Focus Based Brief Therapy (SFBT) Training**  
**August 16, 2023**  
**8:30am-5:00pm**

**Training Description:** This workshop is an interactive exploration of the basic concepts of Solution Focus Brief Therapy (SFBT). It is designed so that participants can leave the workshop and start using the interventions immediately. The beginning of the workshop is on the use of Metaphor and its relationship to cultural awareness. The central part of the workshop is focused on the 12 basic concepts of Solution Focus Brief Therapy and how they are used. Participants receive study material in advance of the workshop in order to fully take advantage of the small group processes. The last part of the workshop focus on the structure of the session. \*Note there's a chapter of reading content that must be reviewed prior to attending training

**Instructor (s) Information:** Sheri Marquez is a Licensed Marriage and Family Therapist (LMFT) with over 25 years of experience in the mental health field. She obtained her master's degree from Loma Linda University. She has worked for RUHS-BH since 2015 as a Behavioral Health Supervisor for the Lehman Center Teaching Clinic. She developed the Square Model and has provided trainings for both San Bernardino and Riverside County behavioral health agencies. In addition, she was an instructor at the University of California, Riverside Extension and Loma Linda University where she taught Family Dynamics, Brief therapy, and Conflict Resolution courses. She presented a paper and workshop on how to use the Square Model in supervision and while incorporating the Child and Adolescent Needs and Strengths (CANS) instrument at the 10th Annual International CANS/TCOM conference in Chicago 2014.

Melissa Pudgil is a Licensed Clinical Social Worker (LCSW) with years of mental health experience. She obtained her Masters degree with University Sothern California. She has worked for RUHS since 2017 and is currently a Social Service Supervisor II with California Children Services RUHS-PH. She has a wealth of experiences including developing training material on navigating difficult conversations and implementing basic therapeutic skills to support Medical Therapy Unit staff as they deployed to the Emergency Operations Center (EOC)

**Audience:** RUHS-BH Clinical Therapists and treatment staff. LMFT's, LCSW's, LPCC's, and LEP's, associate and support staff providing client care in the public behavioral health system. Level of training: Introductory

**Seat #:** 26

**Location:** 2085 Rustin Ave Riverside 92507 Entrance 1 Conference Center

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

**Educational Goals:**

1. Participants will increase their confidence treating clients with mental health issues.
2. Participants will view the client as the expert and be able to collaborate with them for goal identified outcomes.

## Learning Objectives: Participants will

1. Identify the origins of Solution Focus Brief Therapy
2. Identify at least two (2) critics of Solution Focus Brief Therapy
3. State the importance of developing a useful question in treatment
4. State two reasons Metaphors are effective in SFBT
5. Identify five (5) Metaphors and their application to mental health issues
6. Explain how metaphors can be effective in connecting with diversity and Cultural needs for consumers
7. Identify the twelve (12) concepts when applying SFBT
8. Provide "Seeding" Intervention
9. Identify Central Philosophy and structure the first session
10. Create four (4) ways of structuring goals and outcomes

**Course outline: 1 hour of pre-course work is included in the credit of this training**

Time:	Topic/Content
8:15am-8:30am	<b>Check in (NON-CE)</b>
8:30-9:30	Introduction and Goal Setting Philosophical Evolution Art of the Question and Power of the Metaphor Review of Chapter 3 Solution Talk (Ben Furman & Tapani Ahola) & Chapter 8 Single Solutions (Michael F. Hoyt)
9:30-10:00	Metaphors and Their Application : Snake, Eskimo Family, Boat, Monkey Trap
10:00-10:15	<b>Break NON-CE</b>
10:15-10:45	Small Group: Choose or Make Up a Metaphor and Link to Treatment Issues, Use Metaphors to Help Address Issues
10:45-11:15	Discussion
11:15-11:30	Explain the next section processing the 12 Solution Focus Principles
11:30-12:30	<b>Lunch NON-CE</b>
12:30-1:15	Concepts 1-3 presented, small group process, discussion
1:15-2:00	Concepts 4-6 presented, small group process, discussion
2:00-2:15	<b>Break NON-CE</b>
2:15-3:00	Concepts 7-9 presented, small group process, discussion
3:00-3:45	Concepts 10-12 presented, small group process, discussion
3:45-4:30	Seeding, Central Philosophy, First Session, Goals
4:30-5:00	Review & Evaluation

**This course meets the qualifications for 8 continuing education units/credits/hours. \*This course has reading material that must be reviewed prior to attending training. The content will be emailed to you 3 business prior to training.**

**Continuing Education:** Course meets the qualifications for (8) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University

Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **(8)** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-1223 & 3-22-341-0424 for **(8)** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

**Requesting Continuing Education:** Participants interested in receiving continuing education credit or a certificate of participation should contact Sujei Larkin via email at [glarkin@ruhealth.org](mailto:glarkin@ruhealth.org). Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff and interested partners should register for this course via [www.rcdmh.org/wet](http://www.rcdmh.org/wet). Once you complete registration, you will receive a confirmation email once you are officially enrolled.

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact training coordinator Taide Arias at [TArias@ruhealth.org](mailto:TArias@ruhealth.org) or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).