

World Congress Post Conference workshop
**Using Solution Focused Brief Therapy with Children
and Young People who Stutter and their Parents**

Ali Berquez and Elaine Kelman

The Michael Palin Centre for Stammering, London, UK.

Tuesday 17th July 2018, 9.30am to 4.45pm

This one-day post conference workshop will be a practical introduction to the principles and practice of Solution Focused Brief Therapy (de Shazer, 1985; Ratner, George & Iveson, 2012). Solution Focused Brief Therapy (SFBT) changes the focus of therapy from the problem to the solution, exploring what clients want from therapy and using clients' resources and strengths to achieve their best hopes. SFBT has been used with parents, children, teenagers and adults who stutter and can be adapted for use in clinical supervision and team meetings. The day will include teaching, discussion and practical exercises and will be supported by video observation.

The video material and case studies presented during the workshop involve clients who stutter, however the approach is applicable to all clients with speech, language and communication difficulties and their families. This workshop will be delivered in English.

Feedback from previous workshop participants

"This approach has turned my clinical practice around"

"Celebrate what's going well"

"Problem free talking"

"SFBT will impact the way I think about my own clinical role and how I approach conversation with others"

"Focus on the solutions and take the clients' lead"

"Empowering others to focus on positive solutions"

Learning Outcomes

At the end of this workshop participants will be able to:

- explain the principles and practice of SFBT;
- describe the structure and content of a typical SFBT session;
- use questions that encourage clients to identify their best hopes from therapy, their preferred future and their resources and strengths; and
- monitor progress using an SFBT-consistent measure.

Workshop Outline

PART ONE: The principles of SFBT: shifting focus from the problem to the solution, building on clients' resources and strengths and seeing a person as more than their problem.

PART TWO: The first session: building connection, exploring clients' best hopes from therapy, describing their preferred future, noticing instances of success that are already occurring, complimenting and ending.

PART THREE: Follow up sessions: scaling and identifying small signs of change, exploring what clients have been pleased to notice and handling things staying the same.

PART FOUR: Measuring outcomes: monitoring clients' progress over time.

Workshop Presenters

Ali Berquez

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Ali Berquez is a clinical lead speech and language therapist at the Michael Palin Centre for Stammering. She has worked at the Centre since 2000 and obtained a Post Graduate Diploma in Cognitive Therapy at the Oxford Cognitive Therapy Centre in 2005. Her current role involves clinical work with clients who stammer of all ages and with parents, teaching nationally and internationally, writing, offering clinical supervision and contributing to research projects. She has managed and developed the Michael Palin Centre's teaching programme since 2004 and looks after the new referrals for children and young people to the Centre. She is currently collaborating with Professor Patricia Zebrowski and her team in Iowa, USA, to explore the expectations of young people and parents from therapy using Solution Focused Brief Therapy.

Elaine Kelman is a consultant speech and language therapist and the head of the Michael Palin Centre for Stammering in London. She has contributed to the development of the various therapy programmes for children who stutter, particularly the management of early childhood stuttering, and has published and presented a number of papers, chapters and books, having co-authored the Palin Parent-Child Interaction Therapy manual. She participates in the Centre's international training programme and the research programme. Elaine is President of the International Fluency Association, a board member of the European Fluency Specialists, an affiliate of the American Speech and Hearing Association and Professional Lead for the Whittington Health Speech and Language Therapy Service.

Disclosures

Ali Berquez and Elaine Kelman both work at the Michael Palin Centre for Stammering in London and are employed by Whittington Health NHS Trust, UK.

References

De Shazer, S (1985) de Shazer, S. (1985) *Keys to Solutions in Brief Therapy*. New York: W.W. Norton
Ratner, H, George, E & Iveson, C. (2012) *Solution Focused Brief Therapy*: 100 Key points & techniques. London: Routledge