Introduction to Solution Focused Brief Therapy

**Presenters:** Joel Simon, LCSW, ACSW, BCD  
John O’Grady, LCSW-R  
Mark Lane, LCSW-R  
Jean Poppei, PhD, LCSW-R  
*Hudson Valley Solution Focused Network*

3 Continuing Education Hours for NYS Social Workers

Through the use of a videotaped solution focused therapy session, panel discussion, and question and answer, participants will learn about solution focused brief therapy. A brief overview of solution focused therapy will be discussed, along with assumptions inherent in the model. Videos of solution-focused sessions will demonstrate how therapists listen with solution-building ears and together with clients create useful conversations.

All levels of understanding are encouraged to attend, as participants will be provided an opportunity to connect with other clinicians using solution-focused therapy on a daily basis. Participants interested in solution focused therapy will come together to share ideas and best practices.

**Learning Objectives**

Participants will:

1. Improve their understanding of solution focused therapy
2. Improve understanding and knowledge of solution focused assumptions
3. Verbalize an understanding of how solution-focused therapists use language, formulate goals, and use solution-focused interventions
4. Use the principles of Microanalysis of Opportunities

Online registration is required for this event - go to [http://tinyurl.com/SolutionFocusedSW](http://tinyurl.com/SolutionFocusedSW) to reserve your spot as space is limited. This event is approved for 3 CE hours.

Cost: $60 ($30 for SSW field instructors).

There are a limited number of free scholarships for current SSW students and new social workers for this event. Please email if interested: sswceu@albany.edu

*University at Albany, School of Social Welfare is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers*
Introduction to Solution Focused Brief Therapy

Joel Simon, LCSW, ACSW, BCD

Joel Simon has been a solution-focused practitioner, trainer, presenter, and consultant since 1992. He is a founding member of the Solution Focused Brief Therapy Association. Currently, he is in private practice, provides solution-focused training, supervision, and consultation. Joel co-authored several articles and has authored or co-authored 3 books on solution-focused topics.

John O'Grady, LCSW-R

John O'Grady, has been a family therapist for 30 years. He practiced in a family counseling clinic for 18 years, gradually introducing solution focused therapy into his work with parents, youth, and families. In 2011 he opened a private practice in Albany, where he uses solution-focused therapy to serve a wide range of clients.

Mark Lane, LCSW-R

Mark Lane is an experienced solution focused therapist with over 25 years of experience using and teaching solution focused therapy. He has taught solution focused therapy at the Graduate School of Social Welfare at the State University of New York at Albany since 1996. He currently works in private practice specializing in group therapy and as a school social worker with Guilderland Schools and leans heavily on solution focused principles.

Jean Poppei, PhD, LCSW-R

Jean Poppei is Professor Emerita, The Sage Colleges and former Chair of the Psychology Department. She has taught both at the undergraduate and graduate level, specializing in developmental, as well as family, psychology and women’s studies. She is a consultant and therapist at St. Anne Institute Community-based Services and also consults on family counseling at other agencies.

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