

BRIEF THERAPY FOR MEANINGFUL CHANGE

FRAYME PRE-CONFERENCE WORKSHOP - FEBRUARY 25, 2020

TORONTO - COURTYARD MARRIOT - ALEXANDER ROOM

8:00 - 9:00 AM	BREAKFAST & CHECK-IN
9:00 - 10:30 AM	INTRODUCTION <ul style="list-style-type: none">◦ Introduction and context for Solution Focused Brief Therapy (SFBT)◦ Guiding philosophy for SFBT
10:30 - 10:45 AM	HEALTH BREAK I <p>Coffee and light refreshments to be provided to all workshop participants in the Spadina room</p>
10:45 - 12:00 PM	FIRST SESSION <ul style="list-style-type: none">◦ Theoretical framework for SFBT: How does it work?◦ Practical applications for SFBT
12:00 - 1:00 PM	LUNCH BREAK <p>Lunch to be provided to all workshop participants in the Spadina room</p>
1:00 - 2:30 PM	SECOND SESSION <ul style="list-style-type: none">◦ Structuring an SFBT first session◦ Establishing the desired outcome
2:30 - 2:45 PM	HEALTH BREAK II <p>Coffee and light refreshments to be provided to all workshop participants in the Spadina room</p>
2:45 - 4:00 PM	FINAL SESSION <ul style="list-style-type: none">◦ Activating hope◦ Saying goodbye◦ Questions, comments, discussion

ABOUT THE TOPIC

Brief therapy represents a clinically effective option for youth that is flexible, responsive and easily accessed.

This 1-Day Training will offer participants an engaging, positive and impactful introduction to brief interventions with youth. Using the principals and techniques of Solution Focused Brief Therapy, participants will gain knowledge and practice in the art of asking powerful questions to youth struggling with a range of mental health challenges.

These techniques will allow youth to become more empowered, hopeful, active and involved in the process of moving forward with their lives in a meaningful way.

ABOUT THE TRAINER

Alesya Courtnage received a Masters of Arts degree from Drexel University in Philadelphia, PA in 2001 and has been practicing as a psychotherapist in different mental health settings ever since.

In 2008 Alesya attended her first workshop in Solution Focused Brief Therapy and fell in love with the hope, optimism and respect that drives this way of working with others. Alesya's passion for Solution Focused Brief Therapy has led her to both lead and attend trainings around the world.

She travels throughout Canada providing seminars on this approach to mental health agencies, professional associations and conferences. Alesya has received training in Europe from the leading Solution Focused minds in the world and has begun pursuing her own research and publication projects while completing a PhD in Social Work at Wilfred Laurier University. Alesya continues to practice as a psychotherapist in private practice and remains amazed at people's resilience, strength and ability to work through even the most challenging situations.