

About Joel

I have close to 40 years of clinical experience and have been a practitioner and trainer of the solution-focused approach for 25 years. I have published several articles in professional journals including 2 co-authored with Insoo Kim Berg. A chapter based upon my work was also included in *Tales of Solutions* (Norton) by Yvonne Dolan and Insoo Kim Berg. I have co-authored the book *Solution-Focused Brief Practice with Long Term Users of Mental Health Services*, co-authored *Solution-Focused Case Management* and authored *Solution Focused Practice in End-of-Life and Grief Counseling*. I am a founding member of the Solution-Focused Brief Therapy Association and have presented many workshops and training both here in the U.S. and internationally. I completed advanced training and trainer's training with Insoo Kim Berg and Steve de Shazer at the Brief Family Therapy Center in Milwaukee, Wisconsin.

About The Center

The Center for Solution Focus Training provides group and individualized basic and advanced solution focused training, as well as supervision for professional clinicians, individuals, organizations, and groups that are interested in learning either basic or advanced solution focus brief practice. The Center also provides consultation services to organizations that are interested in integrating a solution-focused approach as part of their management philosophy.

Center for Solution Focus Training

Solution-focused training, consultation, therapy, and supervision



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What You Will Learn

The solution-focused approach is useful wherever people interact with others. The guiding principle is finding out what works and doing more of it. My experience is that once you begin to recognize what do right, your effectiveness will grow as well as job satisfaction and service to your clients.

The approach focuses on negotiating clear and realistic goals. Like beginning any journey, once the destination is clear, the shortest route can be found.

Goal setting and focusing on what works assures that your clients will reach their goals in a way that is both time and cost effective.

- How to use pre-change questions to start a solution-building process.
- How to use the Miracle Question to enhance possibilities.
- How to use exception questions to instill hope.
- How to make numbers work using scaling questions.
- How to develop compliments and between session suggestions.
- How to apply the approach to a wide variety of presenting problems and contexts.

Solution-Focused Brief Practice was developed by Insoo Kim Berg, Steve de Shazer, and their colleagues over 30 years ago at the **Brief Family Therapy Center** in Milwaukee, Wisconsin.

Solution-focus has been adapted successfully in varied practices: mental health clinics, social services, substance misuse, public schools, pastoral counseling, hospice work, and even the business world. My mission is to provide high quality SF training, supervision and consultation.

You can be assured of learning ideas and techniques that work from a trainer who has practiced and taught this approach in a variety of setting.

For additional information, visit:
www.0to10.net