

EBTA CONFERENCE: RIPPLE EFFECT: EXPANDING HOPE



The first
time in
Tenerife,
second time
in Spain
since 2005

20TH-22TH SEPTEMBER 2024

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EBTA CONFERENCE 2024

PROGRAM

With English and Spanish translation

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ORGANIZA:



SPEAKERS

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PAMELA KING
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MARK BEYEBACH
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BEN FURMAN
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JODY VAGNONI
Italy



CAROLINA CALLIGARO
Argentina



ALBA GARCÍA
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Poland



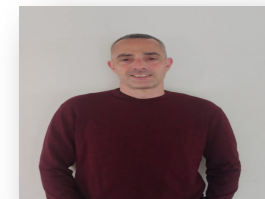
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CORNELIE OP TEN NOORT
Germany



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GENERAL PROGRAM

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DÍA 1. Friday 20 (8.30 h a 19.30 h)

- 8.30- 9.00 REGISTRATION
- 9.00-9.30 OPEN
- 9.30-10.30 CONFERENCE
- **Mark Beyebach.** *¿What if SFBT was -simply- another psychotherapy? Implications for SF theory and practice*
- 10.30-11.00 *COFFEE BREAK*
- 11.00- 12.30 SIMULTANEOUS WORKSHOPS. SESSION A.
- 12.30-13.30 CONFERENCE
- **Pamela King.** *Shrinking the worry monster and others creative solution building tools*
- 13.30-15.00 *LUNCH*
- 15.00-16.30 SIMULTANEOUS WORKSHOPS. SESSIÓN B
- 16.30-17.00 *COFFEE BREAK*
- 17.00-18.30 SIMULTANEOUS WORKSHOPS. SESSIÓN C.
- 18.30-19.30 EBTA MAM

DÍA 2. Saturday 21 (9.00 h a 19.30 h)

- 9.00-10.30 CONFERENCES
- **Felipe García.** *Challenges of current psychotherapy: arguments for brief therapy*
- **Ben Furman.** *Can we use solution-focused psychology improve our well-being?*
- 10.30-11.00 COFFEE BREAK
- 11.00-12.00 EXPERIENCES
- **Javier Verdú.** *Justicia juvenil, adolescentes en conflicto social y la terapia breve centrada en soluciones en Canarias. (Juvenil justice, adolescents in social conflict and solution-focused brief therapy in the Canary Islands)*
- **Joaquim Framis, Plàcid Fusté, Mercè Rived Ocaña.** *Proyecto GPS- Tratamiento grupal centrado en soluciones con hombres con niños/as y adolescentes en riesgo: esperanzas y retos. (GPS Project – Solution focused group treatment with mens with children and adolescents at risk: hopes and challenges)*
- 12.00-13.30 SIMULTANEOUS WORKSHOPS. SESSIÓ D.
- 13.30-15.00 LUNCH
- 15.00-16.30 SIMULTANEOUS WORKSHOPS. SESSIÓ E. – OPEN EBTA BOARD MEETING
- 16.30- 17.00 COFFEE BREAK
- 17.00-18.00 CONFERENCE
- **Teri Pichot.** *Qué hacer cuando no sabes qué hacer: seguir con SFBT en las situaciones de clientes más desafiantes para descubrir la esperanza. (What to do when you don't know what to do: sticking with SFBT in the most challenging client situations to discover hope)*
- 18.00-19.30 SIMULTANEOUS WORKSHOPS. SESSIÓ F.

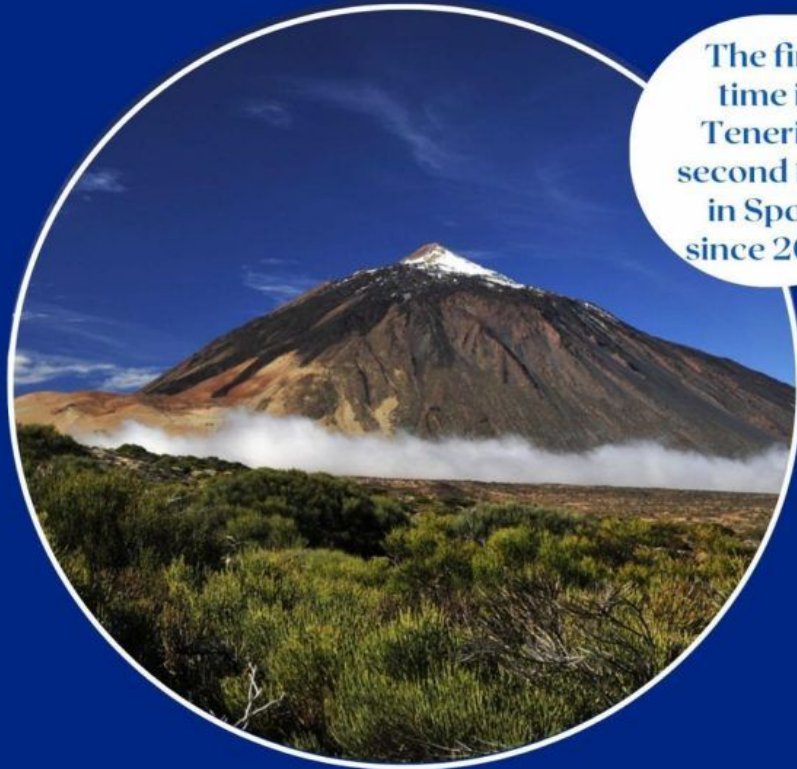
PROGRAMA GENERAL

DIA 3. Sunday 22 (9.00 h a 14.00 h)

- 9.00- 10.30 EXPERIENCES
- **Andreea Źak, Krzysztof Pękala.** *The effectiveness of the solution focused brief therapy based on overview of systematic reviews and meta-analyses*
- **Toni Medina.** *Effects of solution-focused practice in family preservation services on the island of Tenerife*
- **Marcos Pérez Lamadrid.** *Questions in coexistence: expanding relationships in indigenous communities of the Bolivian Altiplano through the solutions-focused approach*
- 10.30- 11.00 COFFEE BREAK
- 11.00-12.30 CONFERENCES
- **Paulina Nasiłowska.** *Virtual Reality – “The Future of the «Preferred Future”*
- **Anne- Marie Wulf, Jacqui von Cziffra-Bergs.** *Plenary talk: Rippled Reflections*
- 12.30-14.00 EBTA TIME, EBTA REWARD, CLOSING



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WORKSHOPS

Session A (Friday 20, 11:00-12:30)

Código	Autor	Título	Resumen
A.1	Ursula Bühlmann	Always these solutions!?! – Expanding hope by focusing on what is already there	<i>Taking advantage of opportunities, successes, and client resources in connection with the preferred future.</i>
A.2	Frederic Linssen	The Changers Intervention – A real miracle pill	<i>Using tablets with images of goals to help clients achieve their objectives, combining suggestion, visualization, and expectation effects..</i>
A.3	Jacqui von Cziffra-Bergs	The Positive Ripple effect of a Resilience rebrief: SFBT and clients managing trauma	<i>Focusing on resilience instead of trauma, promoting pride and recovery in clients managing traumatic experiences.</i>
A.4	Marie-Christine Cabié	Go slow: change and continuity	<i>Exploring the principle of "going slow" with the Bruges model in Solution-Focused Therapy for lasting changes, adapting the therapeutic pace to the client's needs.</i>
A.5	Jannie Lund-Nielsen	Imagine that the effect of the counseling was noticeable from the ripple effect of the solution-focused approach.	<i>Solution-focused family counseling in Denmark, helping high-risk families develop and grow, preventing forced separation.</i>
A.6	Tara Gretton	The Accumulative Effect – Micro-Moments of Kindness	<i>Transformative potential of small acts of kindness in daily interactions, especially in school settings, using the solution-focused approach.</i>

Session B (Friday 20, 15:00-16:30)

Código	Autor	Título	Resumen
B.1	Tomasz Switek	Toward ongoing not knowing through the fields of knowledge and experience – clinical applications within mental health crisis.	<i>Solution-focused conversations in situations like self-harm and panic attacks, using the BbraveC model for clinical work in crisis situations.</i>
B.2	Gesa Döringer	The Mindsetter Game- the power of solution focus and game-based learning	<i>A game to apply the solution-focused approach in therapy, coaching, and education, facilitating a collaborative and creative attitude among participants.</i>
B.3	Hans Jara (Perú)	«Radical trust»: more than a concept, the heart of solution-focused practice	<i>Reframing the professional stance in solution-focused practice, emphasizing the importance of trust in therapeutic encounters.</i>
B.4	Andreea Žak	Going down the rabbit hole in search for the difference that makes the difference. Beyond the behavioralization of emotions	<i>Addressing how to recognize and work with the current emotional state of clients who feel stuck, beyond projecting future emotions.</i>
B.5	Anne-Marie Wulf, Jacqui von Ciffra-Bergs	Echoes of Hope in the Solution Focused Approach: Female Voices Ripple Around the World.	<i>Reflection on hope in solution-focused work, gathering experiences and voices of women around the world.</i>
B.6	Marga Herrero	Re-elaborating trauma through drawing	<i>Presentation of the drawing technique as a tool for clients to access their strengths and resilience factors, advancing towards a healthier and more compassionate future.</i>

Session C (Friday 20, 17:00-18:30)

Código	Autor	Título	Resumen
C.1	Naomi Whitehead, Marcos Pérez Lamadrid	Soulful, microanalysis infused solution-focused practice	<i>Reflection on the collaboration between both authors, exploring the impact of the solution-focused approach and microanalysis in therapeutic and community practices.</i>
C.2	Eha Rüütel	Solution-focused image work	<i>Integration of solution-focused verbal techniques with art, using images to represent desired futures, life experiences, or strengths.</i>
C.3	Rytis Pakrošnis, Andreea Žak	Research on the Solution-Focused Approach in 2023: insights for the future from the SFA PubList by EBTA	<i>Discussion on emerging trends in solution-focused approach research based on data collected from recent publications.</i>
C.4	Maarit Pietiläinen	The challenges and power of rich imagination	<i>Workshop to awaken imagination and view situations presented by individuals from different perspectives, addressing diagnoses such as OCD, personality disorders, psychosis, among others.</i>
C.5	Katrin Berger	The Ripple Effect in Schools: Solution-focused support for classes on the path to self-regulation and cooperation	<i>Solution-focused methods to strengthen self-regulation and cooperation in schools, creating a enriching educational community.</i>
C.6	Sebastien Vernieuwe	The App is not territory: solution focused strategies for the digital era	<i>Exploration of how the solution-focused approach can support people in the digital age, addressing the challenges and opportunities presented by modern technology.</i>

Session D (Saturday 21, 12:00-13:30)

Código	Autor	Título	Resumen
D.1	Toni Medina	Useful micro-practices in family preservation: simple lessons learned from the Tenerife experience and ripple effects	<i>Training in collaborative and solution-focused micro-practices to work with at-risk children and adolescents and their families, based on experiences from Tenerife.</i>
D.2	Magdalena Szutarska	Picture the word – using metaphorical cards in therapeutic work with teenagers.	<i>Use of metaphors through metaphorical cards to support therapy with adolescents, enriching psychotherapy with "over-verbal" elements.</i>
D.3	Dragana Knezic	Fireflies in the dark – small rays of hope	<i>Co-construction of strategies to maintain hope and optimism in contexts of trauma, oppression, poverty, and marginalization.</i>
D.4	Felipe García	Overcoming traumatic experiences: an intervention protocol	<i>Review of a brief systemic trauma-oriented therapy protocol compared to a positive cognitive-behavioral therapy protocol and a waitlist control group.</i>
D.5	Cornelie op ten Noort	Solution-focused thinking mediates the effect of solution-focused group therapy on well-being and affect in a military population with a DSM-5 classification	<i>Research on the impact of solution-focused thinking on the well-being and positive affect of military mental health users after participating in solution-focused group therapy.</i>
D.6	Jody Vagnoni	Informal Conversation and Pretreatment Change as a Ripple Effect in Expanding Hope	<i>Presentation of an informal solution-focused approach as pre-treatment change, transforming everyday conversations into opportunities for support and personal growth.</i>

Session E (Saturday 21, 15:00-16:30)

Código	Autor	Título	Resumen
E.1	Ben Furman	How to use exercises and games to teach solution-focused child rearing methods to parents	<i>Parenting approach for parents, based on skills to support children's growth and help them overcome developmental challenges, both minor and major.</i>
E.2	EBTA	OPEN EBTA BOARD MEETING.	<i>Space for members of the European Brief Therapy Association (EBTA) and all interested in joining an open board meeting, including presentation and explanation of the board.</i>
E.3	Natalia Grubizna	Solution-focused Sex Therapy Utilising The 4-D Wheel of Sexual Experience	<i>Exploration of the 4-D Wheel of Sexual Experience model, integrating it with the solution-focused approach to build useful visions of the client's best sexual and relational future</i>
E.4	James Beauchemin	Solution-Focused Wellness: An Evidence-Based Approach To Wellness Promotion For College Students	<i>Solution-Focused Wellness Intervention (SFWI) model for college students, promoting healthy lifestyle changes and improving well-being.</i>
E.5	Nicolas Heux	Increasing hope by observing the horizon with the Solution-Focused Approach	<i>Using the solution-focused approach to guide individuals toward sustainable changes, promoting hope and resilience with the metaphor of the mountain.</i>
E.6	Alesya Courtnage	Solution Focused One at a Time Therapy (SF-OaaTT): Small Conversations for Big Social Change	<i>Exploration of Solution-Focused Single Session Therapy, providing tools to transform everyday conversations into opportunities for support and personal growth.</i>

Session F (Saturday 21, 18:00- 19:30)

Código	Autor	Título	Resumen
F.1	Alba García	You also play with therapy. Creative scales in working with children	<i>Use of creative scales and games in child therapy, promoting playful interaction and learning through play.</i>
F.2	Carolina Calligaro	What about us?: solution-focused approach for therapists' personal development	<i>Integration of solution-focused practices in the personal development of therapists, promoting self-care.</i>
F.3	Joaquim Framis, Plàcid Fusté, Mercè Rived	Solution Focused in Social Services: tactics and strategy of group treatments to improve parenting	<i>Workshop on solution-focused interventions to improve parenting among men in social services contexts, presenting practical cases and group dynamics.</i>
F.4	Jacek Szczepkowski, Artur Lewiński	Practice, supervision, supervision of supervision-meta-levels	<i>Workshop on practice and supervision based on constructivist assumptions, exploring multiple levels of intervention and supervision in the therapeutic context.</i>
F.5	Tara Gretton, Anne Marie Wulf, Ursula Bühlmann, Dragana Knezic, Naomi Whitehead, Mirjana Radovic, Geert Lefevere	«Club of 8 – A Box of Delights»	<i>Exploration of the "Club of 8," promoting a safe and non-hierarchical environment for idea exchange, creativity, and mutual support.</i>
F.6	Leos Zatloukal	Creativity and improvisation in solution-focused therapy	<i>Focus on creativity and improvisation in solution-focused therapy, presenting practical exercises to develop flexibility and creativity skills in therapeutic conversations.</i>



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SEMINARS

PRECONFERENCE SEMINAR

Thursday 19th September (10.00-18.00)

THE THERAPIST'S USE OF SELF: BEING THE CATALYST FOR CHANGE WITH CHALLENGING COUPLES AND FAMILIES

Matthew Selekman y Mark Beyebach

All of us, at some point in our professional careers, have faced clinical situations where we feel intimidated or experience therapeutic paralysis in reaction to the provocative and perplexing problems presented by certain clients and their extensive treatment histories. This includes families with members who have multiple severe symptoms and diagnoses from the DSM V, couples and families that seem to transition from one crisis to another, etc.

In these challenging and nightmarish situations for clients, we may feel as if we are trapped and neutralized by the gravitational pull of a stellar black hole.

In this practice-oriented seminar, various effective ways will be demonstrated in which therapists can harness their full range of internal resources and creative selves to unlock and become catalysts for therapeutic change in complex and difficult situations encountered in practice.

Participants will leave this seminar with a wealth of therapeutic tools and strategies, feeling inspired, energized, and confident in working outside their comfort zones with their most challenging clients.

Participants will be able to:

- See clients as true heroes. Key findings from research on what therapists do according to clients to optimize the success of their treatment.
- Practice on the edges: the therapist's use of the self-toolkit.
- Become reflective practitioners to maintain an open mind, sustain maneuverability, and increase precision with client-intervention adaptation.
- Hone their observation and listening skills to detect significant client anomalies and brilliant moments in sessions to open space for therapeutic breakthroughs.
- Cultivate their therapeutic inventiveness and creativity.
- Identify and utilize their main internal resources, life passions, and strengths to further cultivate and expand their unique therapeutic style and range.
- Bring more humor, joy, drama, and an element of surprise to therapeutic practice.
- Build, select, and adapt therapeutic experiments and rituals according to clients' stages of change, theories of change, levels of reactance, and goals.
- Use idea-generating tools and strategies to harness the inventiveness and imaginative power of our clients to co-construct creative and high-quality projects in solution-building.
- Key points for unblocking stuck situations.

POST-CONFERENCE SEMINAR.

Monday 23th September (9.00-14.00)

THE PLAY OF THE FUTURE.

Pamela King

In this seminar, you will have the opportunity to learn and practice solution-focused play therapy with Pamela King, an American family therapist who works with children, adolescents, and families through play.

"The Future Game" is a tool that transforms future conversations into concrete words and actions. This innovative technique, based on play therapy, is effective, brief, and focused on the child's preferred future.

This interactive seminar will provide participants with practical tools to work directly with children through simple play activities, video demonstrations, and insights. Participants will learn to use toys and various activities as conversational tools not only to increase client engagement but also to design the ideal future and progress towards that future.

Participants will take away step-by-step tools and strategies for achieving effective therapeutic results with children and families. Concrete case examples of children building solutions around anxiety, aggressive behavior, school difficulties, and family issues will also be addressed.

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