

# 3-Session Change Programme<sup>TM</sup>

Intensive Solution-Oriented Brief Therapy Training

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## Selection of Delegate Comments

If you attend a course that motivates, stimulates and provokes thought and gives you some ideas to take away and use yourself, the course has been value for money. This course has been all this and more.

J Sutton. Team Manager.

A refreshing look and way of empowering a student to bring about change.

M Bishop. Personal Advisor.

Ioan is inspiring: both to watch working with pupils and in his ability to promote the notion that we can all do it.

Y Hazen. Behaviour Support Co-ordinator.

I see the possibility of changes maybe that perhaps I could make and you never know some just might happen....

A Robertson. Delegate.

I thought a terrible 'cliché', I think for once the word 'empowering' is apt.

M Sutoris. Delegate.

Inspiring, thought-provoking, challenging, encouraging, supportive.

C Reynolds. E P.

The experience for myself was warm and hopeful. Enabling a child in his/her 'world', rather trying to assist them to fit into someone else's system was very reaffirming.

J Jasicki. Delegate.

Thought provoking, empowering and permissive-full of practical and powerful tools.

A Smith. Delegate.

A big step up the scale of gaining confidence to practice/spread the word of SF approaches.

B Butter. E P.

This is very relevant and important for any person working within the lives of children and young people.

A Hallett. Delegate.

Great to get multi-disciplinary heads together and discuss how this approach can be implemented most effectively, trainer very knowledgeable and approachable – great training!

Delegate.

A valuable and interesting course, helped me refocus and re-organise my ideas about working in a solution oriented manner.

J Sykes. Senior Project Worker.

Enjoyable, thought-provoking, intelligent and delivered with clarity and passion.

D Holligan. Delegate.

The programme pulls together into a single, coherent framework for practice what it would have taken me a long time to pull together for myself.

I Fox. E P.

The course has integrated my experiences of different types of therapy, helping me to balance and use each with one approach, understanding the appropriate balance of each strand of the process, problems story, exceptions, goals, themes, listening, analysis etc.

M Gibbons. Delegate.

Gives greater clarity and structure to a process I was trying to implement from SFBT Training.

E Wilde. Delegate

If I go on a course and come away feeling that it will have an impact on how I will practice, think, evaluate, then I will recommend it. I certainly will recommend this course.

W Clarke. Delegate

A very rewarding experience on a personal as well as professional level.

K Houghton. Delegate

Challenging but fun. The training has given me the confidence to use it.

P Johnson. Delegate

It has been enjoyable because pressure-free, hopeful, structured, with good info to hold onto. Modelling is crucial to the learning rehearsal, has clarified the issues and helped the learning.

J Watson. EP

Informing – challenging – supportive – practical and empowering.

D Robson. Senior EP

Empowered to want to have a go.

R Blackie. Delegate

A useful course and valuable resource to apply, but... be prepared to participate in 'role-play' sessions to achieve an understanding of the principles.

K Perdomo. Delegate

A useful structure and tool to use in our daily work.

H Jones. Delegate

Constructive course that can be applied immediately with confidence and newly learned skills.

P Champanena. Delegate

Revitalising. Makes you remember why you wanted to be an EP.

L Marsh. EP

Improved skills to use in clinical situations.

A Lodwick. Delegate

It will improve my way of working in a more humanistic way.

T Davies. CPN

Thoroughly enjoyable, inspiring, practical, useful course underpinned by credible research centred firmly around core values that I can wholeheartedly embrace.

GN. EP.

Ioan's vision of work with children and adolescents is compelling and his presentation prepares and inspires you to use the 3SCP immediately.

Delegate.

It opened up possibilities for me.

SW. EP.

Motivating, thought-provoking, practical, offering well-structured approach towards solutions.

SB. Trainee Clinical Psychologist.

Not only enjoyable but good hard work and focussed.

DR. Teacher.

Is changing my thinking about my purpose and role as an EP.

JW. EP.

An interesting tension between challenge, exhaustion and enjoyment.

IS. Principal EP.

I would highly recommend this course for anyone working with others to promote change.

AR. EP.

Ioan believes all that he says about SOBT and belief is central to practice – key message this workshop.

JD. Clinical Psychologist.

Liberating – it allows me more possibilities and listening time. I have to remember not to work harder than my clients (students). “The miracle of change in 3 easy sessions!”

CC. EP.

It was inspirational and reminded me of the things of value in my job and life – the wonder of other people, their strengths and ongoing lives and experiences.

Delegate.

Well organised, well presented and very useable and manageable – could really make a difference!

CH. EP.

Reasserting my beliefs in S.F work and giving valuable, practical tools to use in my work with parents, children and schools.

PF. Psychologist.

We are already convinced of the value of Solution Focused Methods at Scallywags and it is very valuable to add another framework to our repertoire given that we deal with so many complex problem situations with children, parents and other professionals where one method definitely does not fit all.

MB. Specialist Teacher.

Empowering and thought-provoking.

KC. EP.

This is an excellent two day course – stimulating and immensely useful. I feel it will have a huge impact on my professional practice! Thank you.

KM. EP.

This is a very practical and REAL life course. I feel extremely comfortable about using every aspect of the work.

AR. Clinical Psychologist.

A must for all pastoral staff.

MO. SENCO.

This is something that can actually help me in my work with young people, not just a theory.

Delegate.

Really enjoyable and inspiring course!

Delegate.

Thoughtful, engaging, structure inducing. Ioan’s tweaks, developments and modifications are highly useful. Ioan impresses with the depth of his belief in and optimism about Solution Focussed principles and practice.

BA. EP.

Useful structure to work to.

Delegate.

Very worthwhile, child focussed training enabling me to clarify the process and reasons for the type of work. I will definitely use it with staff and young people.  
PG. Head of Behaviour Support Service.

Very useful – re-inspired me to use Brief Therapy even more.  
TR. Senior EP.

The language of possibility, genuine empathy with their difficulties and building of confidence through awareness of competencies – that's what I took away from this course.  
PK. EP.

Being confirmed and validated in my personal and professional life and finding new and exciting ways to develop, mainly through doing more of what works, and going slowly, quickly.  
GF Occupational Therapist

Extremely enjoyable and effective in putting across a simple, effective way of working which integrates a lot of ideas.  
NG Nurse Therapist

If you want to find a method with the greatest chance of working – try this!  
JP Social Worker

Well worth attending – rich in content.  
EK Educational Psychologist (EP)

This course is empowering in the way it provides a clear structure for helping a worker create change (enabling the client). The principles and values underlying it are deeply respectful of an individual's rights, worth and power to influence their life.  
DF EP

This course will change your perception of who is responsible for change.  
JA Barnardo's

Down to earth, respectful and child centred approach which has a definite role in CAMHS work.  
KD Clinical Nurse Therapist

A wonderful fusion of story and possibilities for me and my clients which met me just where I am on my journey. Thanks!  
MG Teamworks Cardiff

A challenging and affirming process that needs to be shared with wider community of PRU's and Secondary schools.  
PRU Specialist Teacher

Thought provoking, helpful in focusing on structure, using language and structuring thinking.  
VA Nurse Specialist CAMHS

Excellent! On completion of the course I feel confident I could use this method competently and effectively in my practice.

AP Children's Services Practitioner NSPCC

One of the best courses I've ever attended. Very well presented.

SH EP

Clear and easy to follow introduction to this approach, very good pack to take away so we don't forget what to do and how to do it.

LH EP

I would describe the course as a worthwhile experience for people who work with challenging clients – it offers a tool for practice that may facilitate positive change.

LM Clinical Nurse Specialist for LAC

Nearly everything was new for me. Material pack is excellent. Really worthwhile.

DW Young People's Worker TEDS

Excellent – informative, entertaining with plenty of anecdotal evidence to support and reinforce the theory. Video, seeing it in practice was very useful.

RB Teacher in charge of PRU

Interesting ideas as to how to use Brief Therapy approaches in child and adolescent work - will undermine your current philosophy of therapy.

SSB Child and Adolescent Psychiatrist

Different to Solution Focused Brief Therapy overall but with very similar aspects.

Good for 1:1 work with clients.

Delegate– no name provided

Being on the course has confirmed to me that I want to get back into work with young people. Inspirational.

KR Senior Family Consultant

I will be using this approach in my clinical work and will recommend the training to students.

JP Senior Lecture in Mental Health

Empowering!

DB Teacher in charge of Special Unit

Gave me some really useful techniques to add to my tool box and it built on my confidence to apply them in my work setting, through the use of experimentation in role play.

Delegate – no name provided

Excellent. Great opportunities to practice and you were very encouraging of us all. I am really excited about putting this all into practice.

EL Child and Adolescent and Family Therapist, CAMHS