**Reflective Training**

**Solution-Focused Therapy**

**Curriculum Fall 2023**

**How to do Reflective Training**

One course of RT consists of 12 hours, made up of nine 1.25-hour cycles. Each of your cycles includes three activities that take 30 min or less each: Practice (roleplay or exercise), Feedback and Integration. So, your completed course consists of nine practice activities, nine feedback forms, and nine integration sessions. You have flexibility in how and when you complete these.

These are the practice requirements:

1. Practice and Integration activities are completed with at least one other co-learner and/or facilitator (i.e., Stephanie, Dave, Katherine, Danielle, or Chatone).
2. At least four (4) of your practice activities are roleplays.
3. Practice exercises are drawn from the document, *RT Practice Exercises* (in the *Information* section of the website).
4. In Cycle 1, you complete a “baseline” roleplay with a facilitator, and in Cycle 9 you complete a final roleplay with a facilitator.
5. Your first and last Feedback Forms are completed based on Standard Video #1 and Standard Video #2, which your facilitator gives to you.

These requirements are noted **in bold** in the table below.

The table below is a suggestedcurriculum. Again, other than the requirements above, you can make decisions about what aspects of the method you want to focus on.

**In the table below**,

The **Topic** column suggests a focus for each cycle to guide your training through a logical progression of content areas.

The **Practice** column suggests exercises and roleplays that correspond with each topic area. Unless you are very comfortable doing counseling roleplays, we suggest that you focus your early Practice cycles on exercises rather than roleplays. Exercises are smaller, easier bites that can be used to build up to full, integrated roleplays.

That said, your first practice session is a roleplay with a facilitator so that they can walk you through the logistics and answer any questions. We will also use this as a sort of baseline measure of where you are at with your practice of these counseling techniques. The goal is not evaluative, but we do want to be able to give you information about any change over time in your objective use of skills.

The **Feedback** column notes that you are to complete your first Feedback Form on a Standard Video. Be sure to get coaching from a facilitator or, at a minimum, review the guide at the bottom of the *Enter Feedback”* link on the website, before completing your first Feedback Form. As with roleplays, we use your first and last Feedback Forms to provide you with objective information on any change in your ability to recognize counseling concepts.

The **Integration** column suggests a range of activities to help you integrate Practice and Feedback activities with the conceptual foundations of this counseling approach. This includes review of concepts, discussion of feedback you have received on your roleplays, and coaching and supervision sessions on *how* to implement concepts behaviorally in practice. You have broad leeway in how to use Integration sessions. Just be sure that you do it WITH another person.

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| **Cycle** | **Topic** | **Practice\*** | **Feedback** | **Integration** | **Due Date** |
| **1** | Orientation to Training | **Roleplay with Facilitator** | **Standard Video #1** (assigned by your facilitator) | Feedback Form coaching. Check learners’ informational knowledge of Solution Focused Therapy orientation and interventions | Whenever you are ready to start |
| **2** | Balancing directive and non-directive communication | OARS, person-centered principles | Choose from website list | Review of person-centered concepts & OARS (Living Room Slide Set slides 18-61) | Two weeks after Cycle 1 |
| **3** | Tenets of SFT | Client-directed solutions | Choose from website List | Review of underlying principles of SFT | Two weeks after Cycle 2 |
| **4** | Setting Direction w/ Client | Outcome Rating Scale & Miracle Question | Choose from website List | Review of eliciting client’s Desired Outcome and Preferred Future | Two weeks after Cycle 3 |
| **5** | SFT “Asking” | Difference, Instead, Coping, Relationship Questions | Choose from website List | Review of key types of SFT questions | Two weeks after Cycle 6 |
| **6** | Building on Exceptions | Identifying exceptions to current problem, tapping into prior strengths and methods of coping | Choose from website List | Review of solicitation skills of exceptions to client problems | Two weeks after Cycle 4 |
| **7** | Discussing Progress | Scaling Questions, Next Signs/Steps, Ending Therapy | Choose from website List | Review feedback from roleplay #1 | Two weeks after Cycle 5 |
| **8** | Integrating SFT Principals and Interventions | **Roleplay with Facilitator** | **Standard Video #2** | Review Feedback Forms completed on your roleplays | Two weeks after Cycle 8 |