

Solutions Focused Interviewing
Skill Based Workshop
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2-day course

This workshop provides child welfare practitioners with an understanding of and practice of useful strategies for effective engagement with individuals and families that supports a client's/family's connection to their own strengths, abilities and problem solving skills and how to support their progress toward rapid, positive, lasting change. It provides a framework and skill practice of strengths based, family centered, solutions building models with positive support and feedback from the instructor to facilitate skill improvement for each individual participant.

Competencies:

The Child Welfare Professional understands the foundational principles and skills associated with the strengths based, client centered, solutions focused approach.

The Child Welfare Professional demonstrates skill in a variety of interviewing and casework attending, questioning and supportive techniques that support healthy change and can conduct client and family centered interviews.

The Child Welfare Professional understands the dynamics and demonstrates skill in engaging and working with involuntary clients, assisting them toward lasting, positive change.

Learning Objectives:

Participants will be able to:

- Identify the conditions for establishing effective engagement with clients and families
- Understand the major tenants and techniques of the solutions focused approach including:
 - + Focusing on a positive solutions building approach
 - + Understanding, accepting and believing that the solution is not always directly related to the problem
 - + Understanding how the client has successfully solved problems and how they are approaching this one
 - + Looking for exceptions
 - + Asking questions, understanding the client as the expert

- + Questioning and attending techniques for the helping professional's role as facilitator
 - + The use of compliments
 - + Motivating through the change process
 - + Encouraging commitment and developing action steps
 - + Creating influence, obtaining feedback
- Demonstrate skill in using the major tenants and techniques of the solutions focused approach
- Identify opportunities to implement the solutions focused interviewing and intervention approach with child welfare clients
- Demonstrate skill in engaging and working with involuntary clients