



A Solution Focused Approach to Primary Care Counselling



A Workshop with Carole Waskett

7th March 2008

London

A Day for Counsellors, Supervisors, and Others using Talking Therapies in the NHS.

On this day we will look at using the solution focused approach to help practitioners to maximise their skills, respect and transparency with their clients, while collaborating with the limitations and pressures of the modern primary care/ mental health psychological services team.

Participants will learn and practice some simple solution focused language skills and consider how they might be applied in their own contexts. These skills include: Listening with a constructive ear; Collaborative and realistic goal-setting; Exceptions to the problem and Scaling.

We will also look at some issues specific to the context. We'll explore ideas about helpful conversations which can set the work up for success by appreciating the client's strengths and coping strategies; the value of agreeing realistic goals; and being clear and transparent about how many sessions are available and how to respectfully manage these boundaries.

Participants will leave with a comprehensive information pack including contact details of further resources; a laminated reminder card; a certificate of attendance; and three months' email support for any relevant issue if required.

The aim is to make the day interactive, interesting and enjoyable.

Carole Waskett has worked as a counsellor, trainer and supervisor in primary health care teams, hospitals and in private practice for about 17 years. She first trained in the solution focused approach in 1995, and has continued to learn more and teach others about it ever since.

Carole now works for a northern Primary Care Trust, teaching solution focused skills to staff, for use with patients and in supervision, as well as doing teambuilding and other professional support activities.

In her private practice, Northwest Solutions, Carole offers teaching, supervision, consultancy, and teambuilding to many NHS Trusts

and other helping professions and organisations.

Carole is a founder member and committee member in the UK Association for Solution Focused Practice.

She is still excited about what a solution focused approach can offer in therapy, supervision and organisational contexts, and about the delights of showing others how to use this flexible way of working.



Booking Form

Solution Focussed Approach ~ 7th March 2008

Venue: Friends House, 173 Euston Road, London, NW1 2BJ

FEES: £95 for Members £120 for Organisational Members £150 for Non-Members

Name _____ Role _____

Address _____

Daytime contact number _____

Please tick/complete as appropriate:

* I am a member of CPC/BASRT and my membership number is _____

* I am not a member of CPC or BASRT

Please select one of the following payment options:

1. I enclose a cheque for £ _____ made payable to CPC Ltd

2. I wish to pay by credit card/debit:

Switch Delta Solo Maestro JCB Visa Mastercard

Card No:

Start Date: / Expiry Date: /

Security Code Issue No: (Switch only)

Cardholder Name _____

3. Please send an invoice sent to the following address :

Please return to: CPC, Queensway House, The Queensway, Bognor Regis, West Sussex, PO21 1QT

Tel: 01243 870701 Email: CPC@CPC-online.co.uk

Booking Conditions: By making a booking you are making a contract. Any cancellation must be in writing and an administration charge may be made for cancellations. Two weeks prior to an event no refund will be given.

Please note that a minimum and maximum delegate limit applies to this event. CPC may cancel this event if there are not enough bookings to make the day viable. In this unlikely event CPC will refund all fees paid.