



SINGLE SESSION THERAPY

Solution Focused Brief Therapy

and the power of description

A one-day Masterclass with Chris Iveson

8th May 2017

Ljubljana, Slovenia

In this Masterclass you will learn how to lighten your touch, place even more trust in your clients, find new ways to enjoy your work and create more energy and space for your own life and well-being.

Chris will walk you through the Solution Focused Brief Therapy questions most associated with rapid change and show how by sticking purely to description clients are more able to work out their own best way forward. He will also demonstrate how to search the client's history for the antecedents of change so that the past is reshaped as a precursor of success rather than an explanation of failure. Video of actual work will show how effective this most minimal of approaches can be.

Central to this Masterclass will be the opportunity to practice each of the skills demonstrated so that they can be used the very next day. This is Chris's greatest strength as a teacher – the creation of safe and effective ways to practice and for each person to fit each skill to their own style of working.

BONUS: By the end of the workshop, Chris will run a live coaching/therapy session with a client.

Venue: Hotel Nox, Celovška 469, 1000 Ljubljana, Slovenia

Price: 200€ incl. VAT. Please register at info@ribalon.si.



ABOUT BRIEF

Chris and his colleagues (Harvey Ratner and Evan George) at BRIEF were one of the first European groups to bring de Shazer, Berg and O’Hanlon across the Atlantic to present their ideas in Britain. For over 25 years, BRIEF has continued to develop and adapt the approach to create the closest thing to single session therapy – a therapy whose length is determined by the client and which for around half their clients turns out to be a single session. BRIEF have taught in over 30 countries around the world. At the heart of this work is their free clinic for those with few resources and serious problems who, after coming to BRIEF, have an 80% chance of seeing lasting improvement in their lives.

ABOUT CHRIS IVESON

Chris has an international reputation both as an solution focused practitioner and teacher: he is clear, simple and has a great sense of humour. This is his second time teaching in Slovenia but he has been here in his youth and claims to have nearly died of shock jumping into the Sava on a hot day.

He is also author and co-author of four books: *Whose Life: Working with Older People*. 1999 revised edition. BT Press; and with co-authors, Evan George and Harvey Ratner, *Problem to Solution: brief therapy with individuals and families*. 1990 rev. 1999. BT Press; *Brief Coaching a Solution Focused Approach*, 2012 Routledge; and *Solution Focused Brief Therapy: 100 Key Points and Techniques*. 2012 Routledge.



Ribalon Institute, Slovenian Solution Focused institute in collaboration with BRIEF London (UK). For registrations, please visit www.ribalon.si; for more information about BRIEF please visit www.brief.org.uk