



CERTIFICATE COURSE IN

SOLUTION-FOCUSED BRIEF THERAPY

**Internationally
Accredited from
International
Alliance of
Solution Focused
Training
Institutes (IASTI)**



**Early Bird Offer:
Till 14th January,
2022.**

**Student and Group
Discounts available
too!**

**For mental health professionals, counsellors, therapists,
educators, parents and students who are pursuing or have
completed post-graduate courses.**

Course Duration: January 28 - March 16, 2022



WHAT IS SFBT?

- SFBT is a respectful, possibility, and future oriented way of working with people.
- At its core is a belief that people are the real experts in their lives, and they have the skills and strengths to find their unique solutions.
- Therapists' role is to be the facilitators in their clients' journey towards their preferred future.
- It has been used effectively in the areas of mental health, community work, education, and coaching across the globe.

Fill the google form to register!

Send us your queries on training@childrenfirstindia.com

PHASE 1

**28th & 29th January
Face to Face Training
(Online Platform)**

- SFBT Philosophy
- Setting goals
 - Scaling
 - Visualisation
- Art of Panning for Gold
- Wrap up & Feedback



PHASE 2

**30th January to
15th March**

- Daily online logs checked by the faculty
- SFBT skills used professionally
- Reading material & Written assignments
- Personal Reflections

**19th February
Follow up training &
consolidating skills**

PHASE 3

**16th March
Consolidation of
training**

- Trainee Presentations
- Trainee Role Plays



Faculty



Jonaki Arora
Psychologist
Head of Mental Health Services (Delhi)



Ankita Khanna
Psychologist
Head of Mental Health Services (Gurgaon)



Sandra Jose
Counselling Psychologist
Coordinator of Mental Health Services (Delhi)

Course Advisor - Shelja Sen
Narrative Therapist, Author
Co-Founder, Children First India.