



Online Certificate Course in Solution-Focused Brief Therapy (SFBT) 2025

Internationally Accredited by the International Alliance
of Solution-Focused Training Institutes (IASTI)

Course Details:

- **Eligibility:** This course is open to mental health professionals, counsellors, therapists, educators, parents, and students (post-graduation).
- **Date:** February 7th to March 29th, 2025 (Divided into contact and non-contact phase)
- **Course Modality:** Online via Zoom.

Course Structure:

→ **Contact Phase (Face-to-face online teaching)-**

1. 1st Training Block: 7th and 8th February, 10am to 5pm

Overview of content and training flow:

- Learning about SFBT philosophy and main techniques and elements
- Live teaching plus pre-recorded teaching videos
- Role Plays
- Exercises and activities

2. 1st Supervision Block: 22nd February (the batch will be divided into groups. Each group will be for 90 minutes)

3. Follow up Training: 7th March, 10am to 5pm

4. 2nd Supervision Block: 8th March

5. Final Training Block: 29th March, 10am to 5pm.

- Trainee Presentations
- Trainee Role Plays.

→ Non-Contact Phase and Course Requirements:

1. Online Daily Log Exercises between 9th February to 28th

March- The daily log will be simple self-reflective exercises based on SFBT philosophy and learnings. *(These daily log exercises are to be done independently and will not take more than half an hour to engage with)*

2. Engaging with the course reading materials

3. Two reflective essay submissions

❖ Additional Information:

- Participants will receive certificates upon course completion.
- **Course Faculty:**
 - *Ms. Ankita Khanna (Counseling Psychologist and Head-Neurodiversity Hub)*
 - *Ms. Sandra Jose (Counseling Psychologist and Head-Mental Health Service)*
 - *Dr. Shelja Sen (Course Advisor) (Narrative Family Therapist, Co-Founder Children First)*

❖ **Registration Fees:**

- **Early Bird Offer: Rs 9,000/- (Valid until January 27th, 2025).**
- **Regular Fee: Rs 10,500/-**
- **Discounts:**
 - **20% student discount (with a valid student ID).**
 - **20% group discount (for a group of 3 or more).**
 - **Note: Only one of the above discounts can be availed, and discount is applicable on the regular fee.**
- **Registrations will close by February 4th, 2024.** (Limited seats available, so registration will be confirmed on first come basis)

For further information or queries, please contact us at training@childrenfirstindia.com

FAQ for Solution-Focused Brief Therapy Course (SFBT) 2025

1. Is the course online or offline?

- ❖ The training is online and would have both live training segments and pre-recorded teaching videos.

2. In case I miss a certain teaching block, will I be provided with recorded teaching videos?

- ❖ No recording of the live teaching session will happen. But, the pre-recorded teaching videos will be shared

3. Who is the faculty?

- ❖ The course will be taught by -
 - Ms. Ankita Khanna (Counseling Psychologist and Head-Neurodiversity Hub)
 - Ms. Sandra Jose (Counseling Psychologist and Head-Mental Health Service).

4. How will this course be helpful for me?

- ❖ Solution Focused Brief Therapy is a school of thought/or a therapeutic approach. It is a solution-oriented way of working with individuals and provides a pool of resources and techniques that can help in facilitating therapeutic work/sessions. Some of the broader techniques or philosophy that the course will be covering are - Goal-setting, Scaling, Visualisation, Art of selective watering among others.
- ❖ The philosophy and principles of SFBT can add value to both personal as well as professional life

5. Will there be any assignments?

- ❖ Yes, two reflective essay submissions spread through the course duration.

6. How to access the student discounts and group discounts?

- ❖ **Student Discount:** To avail of this discount, you need to show your valid student ID card. By doing so, you can receive a 20 per cent discount.
- ❖ **Group Discount (20 per cent):** To avail of this discount, you can mail us your details along with the details of the two other people you are referring to. Please note that the two other people you are referring to also need to fill out the registration form. (**For a group of 3 or more**)

7. Would I be able to engage in this course, with my other work commitments/job?

- ❖ The course is structured and designed keeping in mind working professionals, so you would certainly be able to engage with the course. The face-to-face online training day would involve live teaching sections as well as pre-recorded teaching videos (that you may watch at any time), so this should offer ample time flexibility.

8. About certification

- **Is the certificate eligible for recognition if one wants to practice outside India?**
 - ❖ The certificate will be valid. However, each country has their own processes and guidelines for practising so it may vary depending on those facts.
- **What are the criteria for certification?**
 - ❖ Minimum attendance of 80%
 - ❖ Engaging regularly with the daily log exercises
 - ❖ Assignment submission
 - ❖ Being present for the last training/presentation day

9. What is the Cancellation Policy for the course?

- ❖ **Cancellation Policy**
 - A full refund is available if you cancel your workshop registration 4 weeks or more before the workshop date.
 - A 50% refund is available if you cancel your workshop registration

between 3 weeks and 2 weeks before the workshop date.

- No refund is available if you cancel your workshop registration less than 2 weeks before the workshop date.

❖ **Exceptions**

- We will refund the fee if the workshop is cancelled or postponed due to unforeseen circumstances.

➤ *To cancel your workshop registration, please email us at training@childrenfirstindia.com.*