

ECC Solution Focused Centre

Course Catalogue

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Courses

- 1 Solution Focused Foundation Course**
- 2 Solution Focused Intermediate Certificate Course**
- 3 Solution Focused Advanced Certificate Course**
- 4 Bespoke Design Courses**

Solution Focused Foundation Course

- Feeling like you want to try something different and new?
- Feeling like you're not making the difference you want
- What if I make things worse talking about it?
- I want to impact the change in people's lives directly
- It's frustrating having to refer on and wait when I have the relationship
- Is what is do enough is this situation
- I want some inspiration for my work
- I want some more change making interventive skills
- I want some more talking based skills

Is this you?

1 – Foundation Course

Course level

Beginner/Entry level. No previous or very little Solution Focused training

Number of days

5 days over 3 months

Entry Requirements

None

Description of the course

Introduction to Solution Focused Approach. Teaching and practice exercises to cover both the approach to practice and practice model. This will cover underlying assumptions, stance, language and structure of conversations. Structure teaching will include Best Hopes, Description of past and future, scaling, resources talking and follow up conversations. Course will include demonstrations, practice examples, exercises, formal teaching and resources shared. No course assignments and you will receive a certificate of completion when the course finishes.

1 – Foundation Course

Learning Outcomes from the Course

- You will leave the course with practical questions and ways of thinking that you'll be able to apply immediately in your work
- You will leave the course feeling hopeful and inspired about your work
- You'll have a good, basic understanding of the Solution Focused Approach and how you can apply this in your work
- You will feel more confident when working in challenging situations

2 - Intermediate Certificate Course

- I have had some Solution Focused training already, and I'm inspired to learn even more.
- I'm finding that I'm getting stuck in some situations.
- I find myself starting out well and then being at a loss for what to ask next.
- I can use Solution Focused in some situations, but I want to do more with it.

Is this you?

2– Solution Focused Intermediate Certificate Course

Course level

Intermediate

Number of days

6 days over 6 months

Entry Requirements

Completed 4 days Solution Focused Training or equivalent to our Foundation Course

Description of the course

The course will consolidate SF learning and ensure proficiency of SF practice throughout a whole session, or piece of work. The course develops and focuses learning and understanding using Solution Focused skills practice, reflection, direct teaching and discussion. There will be 2 assignments, one assessed towards completion of the certificate.

2– Solution Focused Intermediate Certificate Course

Learning Outcomes

- You will feel confident in having Solution Focused conversations from start to finish.
- You will leave this course with even more questions to use in a variety of situations.
- You will feel more comfortable navigating the different elements of a Solution Focused conversation.

3 - Advanced Certificate Course

- I know the general questions, but I want my practice to flow more naturally
- I want to find my own style of putting the approach into practice
- I want to be able to use SF in supporting colleagues and staff
- I want to develop my SF knowledge to a level where I can share the approach with others
- I want to feel more comfortable using the approach in situations of risk

Is this you?

3 – Advanced Certificate Course

Course level

Advanced

Number of days

14 days over 7/8 months (2-day module per month)

Entry Requirements

Attended an Intermediate Certificate or equivalent 6-day
Solution Focused Training

Description of the course

In-depth focus on all aspects of the Solution Focused approach. Heavily practice based, with demonstrations, incorporating context and risk into all aspects of teaching. The course will cover history and evolution of the approach, the stance and the structure of the methodology, in fine detail. The course will involve 3 assignments, 2 marked towards the certificate. The course will also include 7 Solution Focused supervision sessions with a Solution Focused Supervisor for each candidate undertaking the course.

3 – Advanced Certificate in Solution Focused Practice

Learning Outcomes

- You will leave this feeling more confident and fluid in applying the approach in a variety of situations
- You will have an ability to apply the questions, skills and techniques in a way that is context specific to your area of practice
- You will have an ability to respond to difficulties and setbacks in a Solution Focused way
- You will learn more about your own style of practice and your conversations will flow more naturally
- You will leave the course less likely to be 'stuck' in your work with Solution Focused options at your disposal in every situation

4 - Bespoke Design Courses

- Do you want to know more about Solution Focused Approach, at any level from introductory, through foundation to more advanced
- Does your organisation or service want Solution Focused Training specific to your setting or group?
- Are you wanting to bring Solution Focused practice into your organisation or setting?
- Does your team/service/organisation need a top up on Solution Focused Practice?
- Is your team/service/organisation looking for a practice model to embed and use in your setting?

Is this you?

4 - Bespoke Design Courses

Course level

Any – Introductory, foundation, Intermediate and Advanced, and ongoing multi-level training

Entry Requirements

Dependent on course level or requirements

Frequency/Dates

On demand or request – in line with capacity

Description of the course

Consultation will be offered to develop idea and design of a bespoke course that fits the hopes and needs of the group/service/organisation.

Number of days

As per organisation design and agreement

Cost

Quote can be discussed in consultation (minimum of 8 people needed to run a course)