



Use of Solution Focused Therapy Among Older Adults and Their Caregivers

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Monday, April 3rd to Sunday, April 30th, 2017 (4 weeks) ONLINE weekly at your discretion

Cost: \$240 (Students \$120) Registration Deadline: Monday, March 27, 2017

This workshop will be offered only if there is sufficient enrolment.

Week 1:

- Solution Focused Therapy (SFT) a useful tool for helping clients move through perceived problems or issues
- The principles of Solution Focused Therapy (SFT)
- Integrating concepts of Collaborative and Brief Therapies and Single Session Consultation
- Expanding the SFT Toolkit – Methods and Techniques?
- Goals of SFT with older adults and their caregivers
- Structure of the SFT Session and Process

Week 2:

- Problems in older adults that lend themselves to this approach:
- Relationships, living arrangements, changes in health status, loneliness, self-image, aging
- Some applications of SFT in individual and group settings with older adults
- Experience SFT in action (video and case vignettes)
- Explore whether SFT would be useful in your practice

Week 3:

- Rationale for SFT with caregivers
- Improved problem solving skills which are solution-focused rather than emotion-focused develops a sense of control and mastery
- Helping caregivers seek achievable goals and practical solutions
- Building problem solving skills to enhance caregivers' adaptive coping capacity

Week 4:

- Benefits of SFT
- Strengths based approach that builds mastery and control
- Encourages, self-reflection & alternative ways to view problems; asks - what **can** be changed?
- Short term, concrete evidence-based approach
- Effective in combination or as standalone therapy
- Synergy with other therapeutic models and differences

Instructor: Renee Climans, MSW, RSW

Renee Climans is a registered social worker with over 30 years' experience. She has worked at Baycrest since 1990 where she has been involved in care, research, and education and where she has been actively involved in facilitating supportive counseling groups, both in person and on-line, for family members of people with dementia and mild cognitive impairment. Her approach is wellness oriented and collaborative and combines cognitive behavioural and mindfulness therapeutic methods. In addition to her work at Baycrest, she has a private therapy practice specializing in the areas of individual, couple, and family counseling and consults to a variety of health care clinics in the Toronto area. Ms. Climans has also provided and designed wellness training workshops for corporate clients. On topics related to gerontology and health care she has conducted numerous media interviews, lectures, and published in peer-reviewed journals. Her areas of expertise include trauma, grief, loss and bereavement, depression, anxiety, stress, relationships, illness and life transitions.

Registration and payment available online at www.aging.utoronto.ca