



## **Solution Focused Therapy for Older Adults' Life Transitions** *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

**When: Monday, November 6<sup>th</sup> to Sunday, December 3<sup>rd</sup>, 2017 (4 weeks) ONLINE weekly at your discretion**  
**Cost: \$240 (Students \$120) Registration Deadline: Monday, October 30, 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**

- To focus on life transitions in older adults that lend themselves to this approach
- To describe changing relationships, living arrangements, retirement, changes in health status, loneliness, self-image, aging related losses and the rationale for the use of SFT
- To highlight some applications of SFT in individual and group settings with older adults
- To experience SFT in action (video and case vignettes)
- To explore whether SFT would be useful in your practice

### **Week 3**

- To provide a rationale for SFT with caregivers as they transition to this new role
- To highlight how improved coping skills which are solution-focused develops a sense of control and mastery
- To discuss ways to help caregivers seek achievable goals and practical solutions
- To enhance knowledge of application of solution focused interventions for caregivers: individuals and groups
- To build solutions to enhance caregivers' adaptive coping capacity

### **Week 4**

- To discuss the benefits of SFT with older adults and their caregivers
- To review this strengths based approach that builds mastery and control and creative applications
- To explore how SFT encourages self-reflection & alternative ways to view problems including trauma; asks - what **can** be changed?
- To summarize some of the literature supporting this short term, concrete evidence-based approach
- To bring focus to the relational aspects of SFT
- To discuss the synergy with other therapeutic models and the differences

### **Instructor: Renee Climans, MSW, RSW**

Renee Climans is a Master of Social Work and registered social worker with over 30 years' experience. Her private therapy practice specializes in the areas of individual, couple, and family counselling and she consults to a variety of health care clinics in the Toronto area. She 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. She has also worked at Baycrest since 1990 where she has been involved in care, research, and education. She continues to provide education through the University of Toronto's Institute for Life Course and Aging. She has been actively involved in facilitating supportive counselling groups, both in person and on-line, for family members of persons with dementia, mild cognitive impairment as well as other issues of loss and health related changes. Her approach is wellness oriented and collaborative and combines narrative, solution focused, cognitive behavioural and mindfulness therapeutic methods. She is currently a member of the Ontario Association of Social Workers and registered with the Ontario College of Social Workers and Social Service Workers.