



## **Blending Motivational Interviewing Skills with Solution-Focused Brief Therapy: Skills for Creating Lasting Change**

**Presenter:** Dee-Dee Stout

**Date:** July 18, 2024

**Time:** 11:00 am to 2:15 pm ET (*All times East Coast USA Local Time*)

- 11:00 am – 12:30 pm**
- Introduction and overview
  - SFT/SFBT Basics
  - Definitions
  - Summary of research
  - What to do with “problem talk”
  - Questions to ask
- 12:30 – 12:45 pm**
- Break
- 12:45 – 2:15 pm**
- Demonstrations
  - Goals
  - Exceptions and differencing
  - Comparing SFT and Motivational Interviewing
  - What's next?
  - Q&A
  - Wrap-up

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