



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

Presenter: Dee-Dee Stout

Recorded on: July 18, 2024

Length: 3 hours

- 1 hour and 30 minutes**
- Introduction and overview
 - SFT/SFBT Basics
 - Definitions
 - Summary of research
 - What to do with “problem talk”
 - Questions to ask

- 1 hour and 30 minutes**
- Demonstrations
 - Goals
 - Exceptions and differencing
 - Comparing SFT and Motivational Interviewing
 - What's next?
 - Q&A

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