

Solution-Focused Harm Reduction: A Compassionate Approach to Treating Adults with Substance Use Disorders

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Length: 4 Hours

One hour and 30 minutes

- Introduction and overview
- Introductory exercises
- Defining harm reduction
- Principles of harm reduction
- What harm reduction is not
- Solution-Focused Brief Therapy (SFBT)

One hour and 15 minutes

- SFBT principles
- Key SFBT beliefs
- Focused not forced
- Solution talk versus problem talk
- What we think about service users
- Two types of exceptions
- Exercises
- Working with clients
- Relapse prevention
- High-risk situations
- Rules violation effect
- Behavior chains

One hour and 15 minutes

- Case examples and discussion
- Q&A and wrap-up

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