

Take Your Solution Focused Skills to the Next Level through Microanalysis of Communication

Dates / Times

Four 3-hour sessions online via zoom:
20th, 27th November, 4th, 11th December
8am - 11am Singapore Time (GMT+8)

Additional Asynchronous Learning: 1 hour per week for readings / practice between sessions

Who is this course for?

Open to any Solution Focused practitioners who have completed either:
Level 1 Solution Focused Brief Therapy Training or
Level 1 Solution Focused Coach Training

Synopsis

Reflective practice and deliberate practice are both key processes in becoming a better coach and therapist. For example, ICF Core Competence 2 embeds 'Develops an ongoing reflective practice to enhance one's coaching' as a key part of embodying a coaching mindset.

Microanalysis of communication is a technique used to analyse moment by moment communication in recorded conversations. Through sharing research and real-life examples, we will demonstrate how microanalysis can be used as a tool to reflect on and refine your practice so you can become more effective in your work.

In this workshop, we will explore how conversations are co-created and the impact our questions have on our clients. We will explore the assumptions our questions contain, and how our questions shape the answers our clients give. This will increase the ability to see the opportunities clients' answers give and respond better in the moment by asking more effective questions that are more congruent with the SF approach. Through analysing short recordings of your own work (these can be created with fellow course participants or use recordings of real sessions) you will gain an appreciation of what you already do well and develop an action plan to continue to deliberately refine your skills further after the course.

The workshop will be online and use a mixture of presentation, group discussion, analysis of recorded sessions and small group/pair exercises. The synchronous teaching will be supported through readings and practice between the sessions (1 hour per week). CCEUs will be awarded for both the synchronous and asynchronous parts of the course.

Learning Objectives

- Learn how conversations are co-created moment to moment
- Understand the process of microanalysis of communication
- Understand how reflective and deliberate practice help improve your effectiveness
- Increase awareness of your current practice through analysing short recordings
- Refine your practice through better listening and more effective questions
- Develop a personalised action plan to build on learning after the course

Trainers

Dennis Welch and Jane Tuomola