

Workshop title: SF with Couples & Families

Trainer: Sukanya Wignaraja

Audience: This workshop is aimed at therapists, coaches and other helping professionals who work with couples and families.

The workshop will be delivered via 4 sessions, each of 3 hours' duration. The content covered will include the following:

- Development of SFBT with couples and families
- Exploring and contrasting traditional approaches and current thinking
- Common issues arising in couples & families work
- Using SFBT in challenging situations: infidelity, conflict, blended families
- Solution building with couples & families
- Doing couples therapy with one

The workshop will be interactive and will include demo videos, case examples, and group discussions with ample opportunities to practice in small groups.

Key Learning Objective

- Develop an understanding of SFBT with couples & families
- Develop confidence in using key SF techniques and tools with couples & families
- Become familiar with the different scenarios in couples and family work

Trainer biography

Sukanya Wignaraja has a Masters in Social Work from Oxford University, UK. She is a Master Solution Focused Practitioner with IASTI, and a Professional Certified Coach with ICF. Sukanya worked in the mental health field in the UK for many years across a range of settings. She was a Specialist Advisor in Social Work to the UK Foreign & Commonwealth Office. Sukanya was an Executive Coach and Senior Psychotherapist in mental health NGOs in Manila and Tokyo, where she also conducted training programmes for counsellors. Since 2017, Sukanya has been in private practice in Colombo, Sri Lanka where she works with individuals and couples and as an Executive Coach. Sukanya is an Associate Trainer with the Academy of Solution Focused Training. Sukanya was co-editor of Solution Focused Practice Around the World and Solution Focused Coaching in Asia.