

# SSFN

Scottish Solution Focused Network

**National Gathering: August 26<sup>th</sup>, 2016.  
Playfield Institute, Cupar, Fife.**



**Solution Focused Interactions:  
An Expanding Universe.**

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# Welcome.

We would like to welcome you to the Playfield Institute, and to the 2016 Scottish Solution Focused Network National Gathering!

This event provides a unique opportunity to bring together the network of Solution Focused practitioners in Scotland (and beyond) and to support the goals of the SSFN:

- To promote SF practice and thinking in Scotland.
- To support SF practice and thinking in Scotland.
- To engage with the Scottish Government's agenda in Scotland.

Solution Focused practice has been growing in Scotland over the past 10 years; changing from a psychotherapeutic approach practiced by a few individualistic practitioners, to a communication interaction practiced across a range of professional domains and influencing thinking from national policy down to individual decision making. Solution Focused interactions can now be seen in all levels of Scottish Education, Health and Social Care, Research, Organisations and Marketing (to name just a few areas).

The Scottish Solution Focused network was established in 2012 to support and promote solution focused practice across the country. Since then we have participated in the 2012 UKASFP Conference held in Edinburgh, we have facilitated four training days per year around the country, established an active website, and publish a quarterly newsletter to members. Membership is open to anyone with an interest in Solution Focused interactions, and now includes over 100 members based in geographical areas as diverse as the Western isles, Inverness, Fife, the Central Belt and (even) London.

This gathering will enable you to engage in workshops, case studies and skills training as well as participate in networking opportunities with presenters and fellow delegates.

We are proud to welcome you to the 2016 SSFN Gathering, and hope you have a successful and inspiring day.

# Programme

09:00	<b>Registration and Coffee</b> Meet and Network
09:30	<b>Keynote Speaker</b> Dr Margaret Hannah
10:30	<b>Coffee and Networking</b>
11:00	<b>Dorothy Adam</b> How do you explain Solution Focus?
11:30	<b>Shona Horsman</b> Solution Focus Coaching: Case Study
12:00	<b>Lunch</b> Opportunity to network with old (and new) friends and enjoy a buffet lunch.
1:00	<b>Kate Smith</b> Solution Focus Mindfulness
1:30	<b>Graham Buchanan</b> Solution Focused Recovery
2:00	<b>Discussion</b> What's working: expanding our universe?
2:30	<b>Tea / Open Space</b> Opportunity for Informal Presentations and Discussion / Tea & Coffee
3:00	<b>Closing Plenary</b> Plenary session chaired by Steve Smith

## Detailed Workshop Descriptions

### Dr Margaret Hannah: Keynote Speaker



Dr Margaret Hannah is NHS Fife's Director of Public Health. She has extensive experience in the National Health Service, having begun her career as a junior doctor in hospital medicine in England before becoming a General Practitioner in Hong Kong. Having returned to the UK, Margaret took up her post as Consultant in Public Health Medicine with NHS Fife in 1996. Margaret, who combines her duties with her role as a Visiting Professor at RGU, acted as the Board's Interim Director of Public Health from 1 October 2015, having served as Deputy Director of Public

Health since 2008.

She is a member of the International Futures Forum and the author of the book *Humanising Healthcare: Patterns of Hope for a System under Strain* published in 2014 by Triarchy Press.



**Dorothy Adam**

**How do you explain Solution Focus?**

Although not currently practicing, until recently Dorothy was providing Solution Focused support and counselling at Cancer Link Aberdeen and North East (CLAN), seeing people affected by cancer. Her background is in palliative care nursing, and during her time as a Lecturer in Nursing at Robert Gordon University (RGU), she regularly endeavoured to help students grasp the concepts of solution focused conversations and incorporate these into their communication tool box.

When a member of the general public hears the title Solution Focused Brief Therapy, they often assume that its aim is simply to provide solutions – to fix whatever is broken. Many beginning counsellors, therapists, student nurses and others derive their self-esteem and job satisfaction from solving their clients/patients’ problems. Autonomy is empowering and a collaborative approach to care is advocated by all the current leading authorities in nursing. Nevertheless, well-intentioned, caring student nurses will ask without thinking, ‘What can I do to help?’ They find it hard to recognise that this question in one fell swoop rules out the million and one potential solutions to a problem that do not involve their help. Encouraging them to adopt a more ‘solution focused approach’ merely confuses them – ‘Isn’t that what I’m doing, providing solutions?’

This presentation was developed in an attempt to help student nurses to understand how they can communicate in a solution focused way. You may find it helpful the next time you find yourself trying to explain the solution focused approach to other sceptics – other therapists, a manager, a colleague....



**Shona Horsman**

**Solution Focus Coaching: Case Study**

Shona is a Solution Focused Coach and has been coaching people to learn, grow and perform in business and sport for over 20 years. A Cambridge graduate and published researcher, her early career was in Sales with Procter & Gamble. As a coach, Shona has had the privilege of working with Olympic and Paralympic athletes, her own sport being rowing. She has worked alongside Royal Marine

Commandos training leadership and team-building, the principles of which are directly applicable in business.

In this anonymised case study she echoes Ratner and Yusef’s statement that ‘the differences between coaching and counselling are constantly being debated... and eroded’. The client was in the midst of both a professional and a personal crisis. His business was days away from bankruptcy throughout the few months we worked together. Just under 300 jobs were at stake. His employees, senior team, investors and the bank all desperately needed him to stay calm and think straight. He also had a very tough family situation to deal with. He had symptoms of burnout and he felt his health was deteriorating.

During the course of what was probably, by usual standards, some very unconventional coaching, the client changed significantly from a very stressed state to actually relishing the challenge he was dealing with. He was also able to help his colleagues to cope better. He felt that he “got what leadership was all about” and realised that he was a real leader and was doing what leaders do. Furthermore, he managed to look after his health, sleep better and described positive, knock-on effects at home with his family.



**Kate Smith**

**Solution Focus Mindfulness**

Kate Smith is a Primary Care Mental Health Worker, based in Aberdeenshire. She has practiced as a Health Visitor and as a Midwife, and has worked in the UK and rural Zimbabwe. She has been a Solution Focused therapist for ten years and has been a Mindfulness practitioner for most of that time. She qualified as a mindfulness teacher in 2014 and currently utilises mindfulness based therapy and SFBT in her practice.

In this case study Kate will explore some of the links between mindfulness practice and SFBT. Many SF practitioners share an interest in both approaches, however the connections between the two are often nebulous and unarticulated. Kate will present an anonymised case history featuring a client with multiple complex problems, dysfunctional intergenerational family relationships and an unexpected request. Building on the '3 G's of Mindfulness' (*Get a grip, Get over yourself, Get out of your own way*) she will demonstrate how mindful awareness can blend with SF practice to enhance the client's experience of therapy.





**Graham Buchanan**

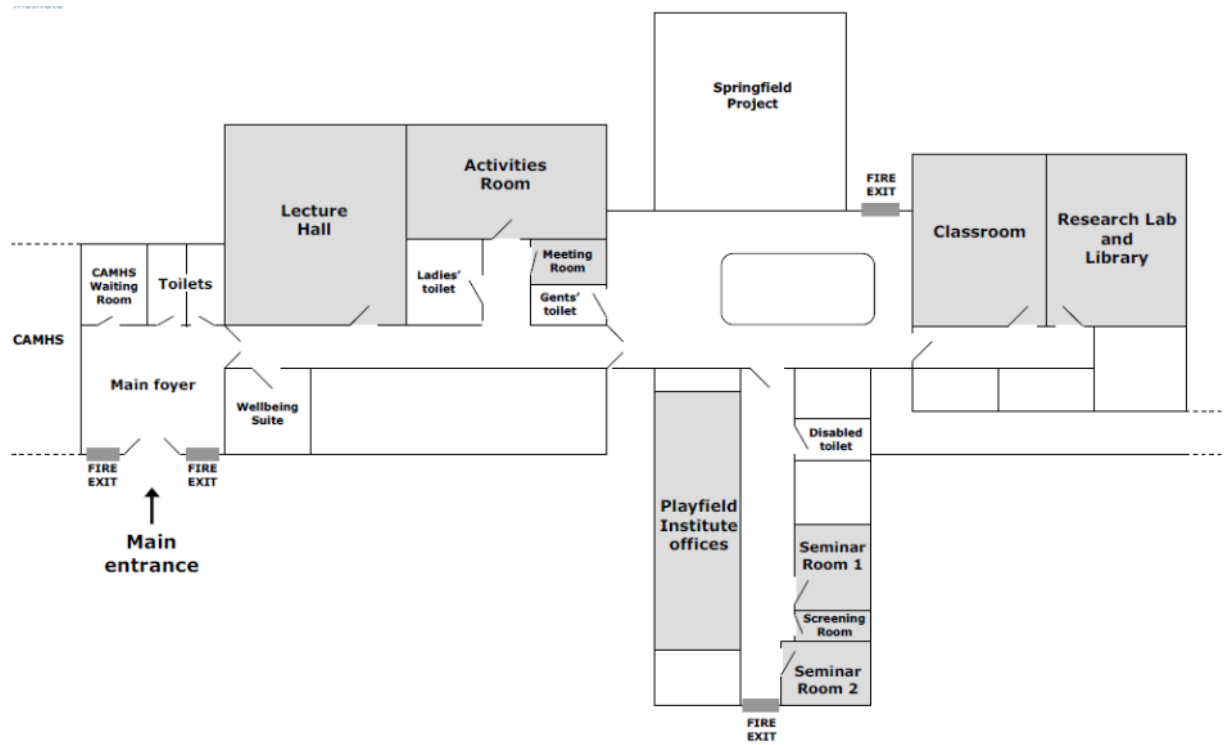
**Solution Focused Recovery**

Graham is the founding manager of the Playfield Institute at Stratheden Hospital. He trained as a Mental Health Nurse in Glasgow's Gartnavel Royal Hospital before becoming a child and family therapist in NHS Fife in 1986. Graham's interest in Solution Focused Brief Therapy dates back to the late 1980's when he was studying Systemic Family Therapy in Newcastle. Since then he has practiced extensively in a variety of roles including Child and Adolescent Mental Health Services, and as an individual counsellor in NHS

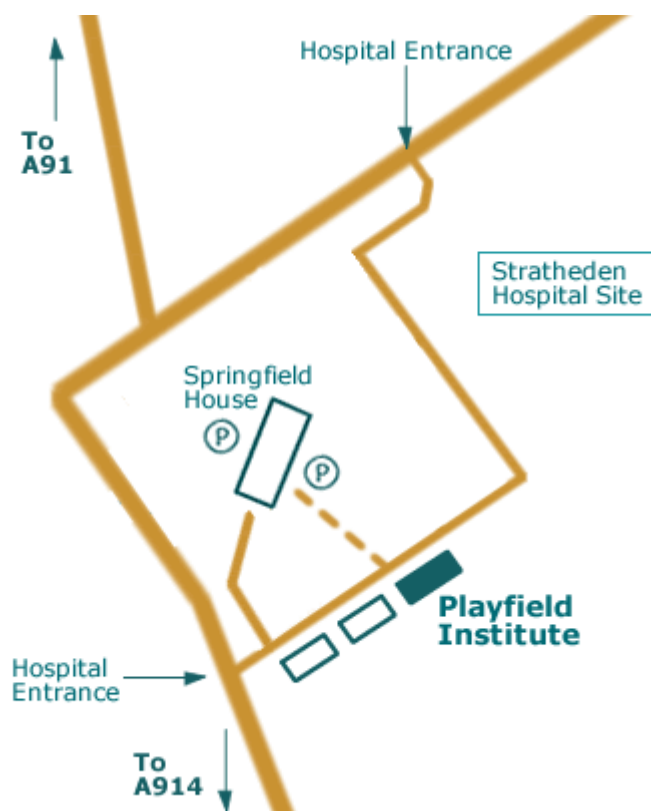
Fife's Counselling Service. He is co-founder of the Scottish Solution Focused Network.

In this presentation Graham will discuss the links between the Nocebo Effect, mental health Recovery and Solution Focused Interactions (SFI). He will argue that SFI provide the basis for teaching mental health care worker how 'to do' recovery oriented care. In doing this he will draw on some of the recent work being undertaken at the Centre for Solution Focused Interactions, at the Playfield Institute, in relation to Solution Focused Recovery.

# Playfield Institute Floor Plan



## Finding the Playfield Institute



The **Playfield Institute** is located in Stratheden Hospital, close to Cupar in Fife.

### **By Car**

From North, South or West head for the roundabout at the junction of the A91 and A92. Head in the direction of Cupar for 2.5 miles and then turn right at the sign for Stratheden Hospital. Follow the road to the T-junction and turn right. Follow the road around the hospital perimeter for about 0.3 of a mile and turn in to the left at the gate cottage. Playfield Institute is the third building on the right.

### **By Train**

There are regular trains into Cupar. It is about 3.5 miles from the station to the hospital and should take less than 10 minutes by taxi.

## Useful Numbers

Playfield Institute (Emma George): 01334 696257

Steve Smith: 07756 778953

Graham Buchanan: 01334 696277

Cupar Railway Station: 08457 484950

Taxi Services:

- Town and Country Taxis 01334 840444
- MTS Taxis 01334 655644
- A&J Taxis 01334 654049

