

**Brief Therapy
Attendance Assignment and Course Schedule**

| June | July | August |
|---|---|--|
| <p>9th (No Journal)</p> <p>Introductions and outline of the course</p> <p>Contextual understanding: Humanistic, Psychodynamic and Cognitive Behavioural Therapy</p> | <p>21st (Journal 4)</p> <p>William Hudson O' Hanlon-a solution orientated approach</p> | <p>4th (Journal 8)</p> <p>Outcomes-comparative studies of Brief Therapy, variables affecting outcomes (e.g. the therapeutic alliance, client characteristics, client actions in Brief Therapy)</p> |
| <p>16th (Journal 1)</p> <p>Brief strategic approaches of Milton Erickson as developed by Jay Haley- Foundations in communication within a time-limited paradigm</p> | <p>25th (Journal 5 + 6)</p> <p>Sat. day school. 10am-3pm</p> <p>A Solution Orientated approach-a comparative and contrasting model between De-Shazer and O' Hanlon's work</p> | <p>11th</p> <p>Suitability and contraindications of using Brief Therapy.</p> <p>Diversity issues</p> <p>Mental health problems</p> <p>Personal communication amongst the client cohort</p> |
| <p>23rd (Journal 2)</p> <p>Geard Egan's skilled helper model -a potential framework for time limited work (Egan's 3 stage model)</p> | <p>28th (Journal 7)</p> <p>A critical evaluation of two of the main approaches to Brief Therapy in terms of their view of the person and the principles of the therapeutic relationship</p> | <p>18th</p> <p>Ethical principles and challenges implicit to Brief Therapy</p> <p>Practical Application of Brief Therapy: Theory & Skills</p> |
| <p>30th (Journal 3)</p> <p>Steve de Shazer, Insoo Kim Berg and Brief Solution Focused Model-the steps involved in doing brief therapy</p> | | <p>22nd</p> <p>Saturday Day School 10am-3pm</p> <p>Practical Application of Brief Therapy: Theory & Skills</p> |
| | | <p>25th</p> <p>Practical Application of Brief Therapy: Theory & Skills</p> <p>(Endings)</p> |

Total Duration: 40 Hours.

Assignments: All assignments (Journals & Essay) **must** be completed and handed in on or before **Tuesday August 18th 2009**. Please note that lesson plans may be subject to minor changes. Each journal entry should be no less than 500 words and no more than 800 words.