



Solution-Focused School Counseling Specialist Training

LOCATION: Online, Self-paced

LINDENWOOD UNIVERSITY:

COURSE DESCRIPTION

Solution-focused brief counseling (SFBC) is an effective approach that emphasizes finding solutions rather than dwelling on problems. This short-term, goal-oriented strategy focuses on identifying past exceptions to issues and planning for future progress. In SFBC, the school counselor collaborates with students to identify their strengths and resources, developing a plan for positive change. This model empowers students by allowing them to take the lead in identifying solutions, increasing their commitment to change. By focusing on solutions, students, families and others boost their confidence and motivation. When school counselors, teachers and families prioritize solutions over problems, the process becomes more efficient and empowering. School counselors using SFBC methods find their sessions more positive and less stressful, enhancing the overall counseling experience.

LEARNING OBJECTIVES:

After completing this course, you will be able to:

1. Identify six key principles of SFBC
2. Describe three major guidelines for practicing SFBC
3. List the unique advantages of using the SFBC approach
4. Summarize common myths and realities about SFBC
5. Describe SFBC interview methods
6. List a five-step SFBC/conferencing change process
7. Understand four ways to reframe complaints and wishes to SMART goals
8. Explain a four-step procedure to systematically foster solution-focused collaborations among the school counselor, student, families and teachers
9. Produce a three-part solution-focused message
10. Recognize effective solution-focused group leadership
11. Summarize the four components of the second and subsequent SFBC meetings using the EARS model
12. Apply the SFBC principles, guidelines and techniques to supervision and comprehensive school counseling program development

13. Explain how the SFBC model can be applied to other areas such as career planning, multitiered system of supports, small groups, committee meetings, social/emotional development and teaching
14. Describe the integration or “mashups” of two counseling approaches

REQUIRED COURSE ASSIGNMENTS:	Hours:
MODULE 1	
Book: Solution-Focused School Counseling: The Missing Manual , Russell A. Sabella, Ph.D.	18.5
MODULE 2	
Book: Counseling Toward Solutions: A Practical, Solution-Focused Program for Working with Students, Teachers, and Parents , Linda Metcalf	17
MODULE 3	
ASCA Video: Solution-Focused Brief Counseling, Consulting, Conferencing- Part 1	0.5
ASCA Video: Solution-Focused Brief Counseling, Consulting, Conferencing- Part 2	1
ASCA Video: Solution-Focused Brief Counseling, Consulting, Conferencing- Part 3	1
Solution Focused Schools Unlimited Video – Pick one from a menu (online). <i>Each webinar consists of instruction and practical tips that address common school related issues using a solution focused approach.</i>	1
MODULE 4	
ASCA Video: Solution-Focused Conversations	1
ASCA Video: Solution-Focused Practices	1
ASCA Webinar: Solution-Focused Parent/Teacher Meetings	1
ASCA Webinar: Solution-Focused Techniques for School Counselors	1
ASCA Video: Meld SFBC & Rational-Emotive Behavior Counseling	1
TEDxOcala Video- How to Lead with Hope: Solution Focused Conversation Navigation , Cher Kretz	0.5
ASCA <i>School Counselor</i> Magazine Article: Solution-Focused Brief Counseling Ins and Outs	0.25
MODULE 5	
<i>Professional School Counseling</i> Journal article: Fostering Post-Pandemic Resilience Among Students and Stakeholders Using Solution-Focused Scaling	1
<i>Professional School Counseling</i> Journal article: Solution shop: A Solution-focused Counseling and Study Skills Program for Middle School	1
ASCA <i>School Counselor</i> Magazine Article: Playing for Solutions	1
ASCA <i>School Counselor</i> Magazine Article: After the Miracle Question	1
<i>Journal of School Counseling</i> Article: School Counselors’ Use of Solution-Focused Tenets and Techniques in School-Based Site Supervision	1
ASCA <i>School Counselor</i> Magazine Article: Solution-Focused College and Career Planning	1
ASCA <i>School Counselor</i> Magazine Article: Duct Tape Adventures	0.5
<i>Social Work with Groups</i> Journal Article: Grandparents Raising Grandchildren: A Solution-focused Brief Therapy Approach in School Settings	1
TOTAL Hours:	50

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

- M 1. Every student can learn, and every student can succeed.
- M 5. Effective school counseling is a collaborative process involving school counselors, students, families, teachers, administrators, other school staff and education stakeholders
- M 6. School counselors are leaders in the school, district, state and nation.
- B-PF 1. Apply developmental, learning, counseling and education theories.
- B-PF 7. Demonstrate leadership through the development and implementation of a school counseling program.
- B-SS 3. Provide short-term counseling in small-group and individual settings.
- B-SS 5. Consult to support student achievement and success.
- B-SS 6. Collaborate with families, teachers, administrators, other school staff and education stakeholders for student achievement and success.

ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)

- 2.2 Demonstrate strengths-based counseling and relationship-building skills to support student growth and promote equity and inclusion.
- 2.3 Describe established and emerging counseling theories and evidence-based techniques that are effective in a school setting, including but not limited to rational emotive behavior therapy, reality therapy, cognitive-behavioral therapy, Adlerian, solution-focused brief counseling, person-centered counseling and family systems.
- 4.1 Plan, organize, and implement a variety of instructional and counseling strategies as part of a comprehensive school counseling program (direct and indirect student services) to improve preK-12 student attitudes, knowledge, and skills.
- 4.2 Collaborate with stakeholders such as families, teachers, support personnel, administrators, and community partners to create learning environments that promote educational equity, and support success and well-being for every student.
- 6.2 Demonstrate leadership, advocacy and collaboration for the promotion of student learning and achievement, the school counseling program, and the profession.

CACREP STANDARDS

- 2.3.i ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan
- 2.5.a theories and models of counseling
- 2.5.c theories, models, and strategies for understanding and practicing consultation
- 2.5.g essential interviewing, counseling, and case conceptualization skills
- 2.5.h developmentally relevant counseling treatment or intervention plans
- 2.5.j evidence-based counseling strategies and techniques for prevention and intervention
- 5.3.d interventions to promote academic development

- 5.3.f techniques of personal/social counseling in school settings
- 5.3.l techniques to foster collaboration and teamwork within schools