



# OT AUSTRALIA Qld

Australian Association of Occupational Therapists - Queensland Inc.

## CONTINUING PROFESSIONAL DEVELOPMENT EVENT

### BECOMING SOLUTION FOCUSED

Tuesday March 9 & Wednesday March 10, 2010

Butterfield Training Complex, Herston

#### WORKSHOP DETAILS:

Solution focused methods provide an alternative to problem-focused and problem-solving approaches to working with people facing life challenges. By focusing on people's strengths and resources and eliciting important information about strategies for enabling positive change, service users are empowered to take control of their lives and their recovery. This is a respectful and powerful collaborative approach which is popular with both service users and health and social care staff because it promotes brief interventions with sustainable results.

#### Half-Day Keynote Lecture - An introduction to solution focused working for health and social care professionals

This lecture will cover a short history of solution focused approaches, underpinning principles and assumptions to a solution focus, outline of the essential elements such as future focus, exceptions, scaling and 'small steps'. Current research and examples of application in a variety of fields will be presented. Participants should leave with ideas that they feel confident to try out in practice.

#### Two-Day OT Workshop - Incorporating solution focused approaches

The workshop (which begins with the half-day keynote lecture) is designed to provide a foundation in solution focused methods through developing an appreciation of the underpinning principles and assumptions of solution focused working, including use of language. The workshop will provide opportunities to practice the elements of solution focused working such as future focused questioning, exceptions, use of scales and goal-setting. Rather than learn these simply as techniques, the workshop will equip the participant with the ability to create their own questions and practices appropriate to their service. Participants will be introduced to the Solution Focused Measure of Occupational Function and associated worksheets. There will also be examples of the use of solution focused methods in supervision and reflective practice.

#### PRESENTER DETAILS:



Rayya Ghul's clinical background is primarily in mental health having worked in a variety of settings since qualifying from the London School of Occupational Therapy in 1982. While working in a mental health community team in 1996 she trained in solution focused brief therapy and became interested in how this approach could be used to enhance occupational therapy. She then became a trainer and has run workshops and presented at conferences and is internationally recognised for her work on integrating the approach into existing professional disciplines. In 2007, she and her colleagues, Lucie Duncan and Sarah Mousley published their book, *Creating Positive Futures: Solution Focused Recovery from Mental Distress*.

Since 2003, Rayya and her colleague Dr Ian Marsh, have collaborated on developing the critical thinking tool 'Contexts of Participation' which allows the students to consider the complex relationships between personal and contextual factors in a dynamic way, thereby developing an enhanced understanding of the role of participation in health and well being. The tool is also useful to analyse stories, either from media sources or from service users, and can therefore be used as a framework for critical analysis of the barriers and enablers within a person or a community's narrative.

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By attending this Continuing Professional Development event you may be able to claim points towards the Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.



OT AUSTRALIA Qld has the right to make changes to its CPD calendar.

## WORKSHOP DETAILS

**Half-Day Keynote Lecture:** Tuesday March 9, 8.30am - 12.30pm

**Two-Day Workshop:** Tuesday March 9 and Wednesday March 10, 8.30am - 4.30pm

**Venue:** Butterfield Training Complex,  
Butterfield Street, Herston

**MEMBER'S EARLY BIRD Closes:** Monday February 8, 2010

**Registration Closes:** Friday February 19, 2010

REGISTRATION FORM OVERLEAF



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## Become Solution Focused Tuesday March 9 & Wednesday March 10

### Registration Form/Tax Invoice

This registration form is a tax invoice upon payment ABN: 37 355 993 657

#### REGISTRATION FEES: (All prices include GST)

#### EARLY BIRD (by Monday February 8)

#### NON EARLY BIRD (by Friday February 19)

OT AUSTRALIA Member (half-day)  
NON Members (half-day)

\$160 (member benefit)

\$210

\$240

OT AUSTRALIA Member (two days)  
Non Member (two days)

\$510 (member benefit)

\$560

\$840

**Closing Date for Registrations:**

**Friday February 19, 2010**

#### YOUR DETAILS:

Name: \_\_\_\_\_ Professional Association Member Number: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Email (for confirmations): \_\_\_\_\_

Profession: \_\_\_\_\_ Workplace: \_\_\_\_\_

#### SPECIAL REQUIREMENTS:

DIETARY: Vegetarian  Gluten Free  Other: (please specify) \_\_\_\_\_

ACCESS: (please specify) \_\_\_\_\_

OTHER: (please specify) \_\_\_\_\_

#### PAYMENT METHOD:

**Cheque/Money Order:** (Make payable to AAOT-Qld and post to OT AUSTRALIA Qld, PO Box 729, Stones Corner 4120)

**Credit Card** Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Employer Funded**  Payment enclosed (Cheque or Credit Card - complete details above)

Please issue tax invoice (Complete information below)

Attention: \_\_\_\_\_ Department: \_\_\_\_\_

Organisation: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Line Manager's Signature: \_\_\_\_\_ Line Manager's Name: \_\_\_\_\_

Note: Employer funded registrants must send a copy of their registration form to OT AUSTRALIA Qld and provide confirmation of employer's intent to pay.

**Cancellation Policy:** OT AUSTRALIA Qld reserves the right to cancel or postpone any event. If this occurs registration fees will be refunded, but the Association bears no responsibility for any costs incurred (such as flights, accommodation, travel expenses) or loss of income. Should you be unable to attend, a substitute delegate is welcome on notification to the association. If the substitute is not a member, the non-member fee will apply and extra payment will be due prior to attendance. If you cancel, a refund less \$30 or 10% (whichever is greater) will be given for a written cancellation received 7 days prior to the event. Cancellation within 7 days or failure to attend will result in no refund. The complete registration policy is available on the website: [www.otqld.org.au](http://www.otqld.org.au)

I give permission for photos taken of me at the course to be used for OT AUSTRALIA marketing purposes only.

I acknowledge that I have read and understood all the content on this registration form.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

**Return completed form with payment details by fax to: (07) 3397 6599**