

## HAWAI‘I FRIENDS OF CIVIC & LAW RELATED EDUCATION

*Now that we have some beginning pictures of life without the problem that brought her to see me, we need to find out something about her experiences with being happier, more relaxed, smiling more, etc. If we can find out that she has had such experiences, then we can have some confidence she will know when she has them again.*

– Steve deShazer (*Words Were Originally Magic*)

### Introduction to Solution-Focused Problem Solving Workshop

In the 1970s Steve deShazer, Insoo Kim Berg, and their colleagues in Milwaukee, Wisconsin, began developing *solution-focused brief therapy*. It offered a radical approach. Instead of focusing on understanding and trying to fix problems, the solution-focused approach helps people by getting them to consider what they want in life rather than what they don't want. It is proactive and strength-based, giving people the opportunity to realize what they do right and encouraging them to do more of that. Today the solution-focused approach is being used all over the world in any setting where people want to get along better in groups or for individuals who want to improve their lives. Research shows that it is successful with both volunteer and mandated clients, and for problems including drug abuse, child neglect and abuse, and domestic violence.

This workshop will be held on four Saturdays, every other week, spread over six weeks in September and October. The training is highly applied with participants engaging in hands-on exercises. Solution-focused communication skills will be introduced and practiced in between the four workshop meetings to allow participants time to use the new skills and return for feedback. Drug treatment providers can earn 22 education credits from the state Department of Health. The fee for the workshop is \$390 (partial scholarships are available). Workshop size is limited. Lunch is included the first three days, and the last day is a potluck.

#### Workshop Learning Goals:

- Understand solution-focused brief therapy
- Identify client strengths and apply the *strengths perspective*
- Develop and practice communication skills to assist clients in creating their preferred futures
- Listen with compassion to clients problem-talk
- How to initiate *solution-building*
- Helpful responses to problem-talk
- Delivering positive feedback to clients

#### Workshop Dates:

4 Saturdays—every other week  
September 9; September 23; October 7; and October 21, 2006  
9:00 AM – 3:00 PM

#### Location:

Hawai'i Community Foundation, 16<sup>th</sup> Floor Conference Room  
1164 Bishop Street, Honolulu



Insoo Kim Berg & Loren Walker, Waialua 2004

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## Course Trainers:

**Lorenn Walker**, J.D., M.P.H., is a public health educator working in violence prevention using cooperative education, restorative justice, and solution-focused approaches. She designs, implements and evaluates learning programs for organizations including prisons, courts, police, schools, and public housing communities (see: [www.lorennwalker.com](http://www.lorennwalker.com)). Since 1994 she has worked with the Hawai'i Friends of Civic & Law Related Education. Many of Walker's articles on Hawai'i Friends' projects have been published (see: [www.hawaiiifriends.org](http://www.hawaiiifriends.org)). Insoo Kim Berg has been an important teacher to Walker for the last four years. Berg is a co-founder of *solution-focused brief therapy* (see: <http://www.brief-therapy.org/>), and the author of numerous books. Walker describes the Hawai'i Friends' current prison project in DeJong and Berg's *Interviewing for Solutions*, third edition to be published in 2006. Walker has taught part time for the University of Hawai'i system since 1994; she represented juveniles and adults in family court; and was a Deputy Attorney General who trained lawyers on litigation skills and taught clients how to avoid lawsuits.

**Diane Stowell**, M.A., is a marriage and family counselor, and supervisor who has provided restorative justice and solution-focused interventions for crime victims, criminal offenders, and their loved ones, for the last four years with Lorenn Walker for Hawai'i Friends' programs. Stowell was a school psychologist working with faculty and families for the Claremont Unified School District in California for 12 years. She taught summer seminars at Oxford University, the University of Edinburgh, and the University of Hawai'i on: Achieving Mental and Physical Excellence, Crisis of Abuse in Children and Adolescents, Counseling Children and Adolescents in Crisis, Addiction, Suicide and Depression, and Parenting Skills for ten years. She has been a mediation trainer for the Mediation Center of the Pacific since 1982.

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## Registration Form

**Dates:** September 9 - September 23 - October 7, October 21, 2006

**Time:** 9:00 a.m. – 3:00 p.m.

**Place:** Hawai'i Community Foundation, 16<sup>th</sup> Floor Conference Room  
1164 Bishop Street, Honolulu, Hawai'i

**Cost:** \$390.00 (partial scholarships available—call Lorenn Walker  
(808) 637-2385 or 218-3712 about scholarships or any questions)

**Included:** Lunch three days & all materials

**Enrollment is limited. Please return form with \$100 deposit by August 21' 2006.**

Name \_\_\_\_\_ Title/Position \_\_\_\_\_

Agency \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Day Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

**Checks and mail to:** Hawai'i Friends of Civic & Law Related Education  
P.O. Box 3654  
Honolulu, HI 96811