

**Brief Therapy North East**

# Brian Cade

## Solution Focused with a Twist

Brief and Solution-Focused Therapy and "Impossible Cases"

20<sup>th</sup>. & 21<sup>st</sup>. September 2010  
Royal Station Hotel  
Newcastle upon Tyne

Drawing on a life time's experience of working with individuals and families with a wide range of issues, and his close association with Steve de Shazer and Insoo Kim Berg as they developed and enhanced the Solution Focused approach, Brian will share how he has blended aspects of Solution Focused Therapy with the earlier work of John Weakland and colleagues mixed in with various other influences and garnished with humour, the absurd and the unpredictable.

For further contact or details:

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### **FEE**

Members of BTNE £125

Non-members £140

**Solution Focused with a Twist**

## The workshop aims



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### PLEASE RESERVE ME.....PLACE(S) ON Solution Focused with a Twist by Brian Cade

I enclose a cheque for £.....  
made payable to: "BTNE"

Name .....

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Do you require a map for the venue? YES/NO  
Confirmation and receipt for your cheque will be  
sent out at least two weeks before the  
workshop.

If you require an invoice please provide the  
following information.

Name/s of participant/s.....

Contact email/s for participant/s

Name and address of organisation

This workshop will concentrate on those challenging cases that typically present with a history of multiple treatment failures and multi-agency involvements, often characterised by hopelessness, abuse and mental breakdown. These are the people whose files are the thickest and about whom we sometimes stay awake at nights and worry. Whether you are an experienced practitioner or new to the work, these are the times when you can feel stretched beyond your abilities.

- Some common patterns will be described that develop in the contexts surrounding these clients, and that include the inputs of the "helping" agencies .
- A way of viewing ambivalence will be elaborated from an interactional perspective which will go some way toward explaining how case-plans and goal-setting not only fail to work, but become part of the problem.
- A blending of the Mental Research Institute and the solution-focused approaches garnished with Brian's own humorous and unpredictable style.
- Video-taped excerpts of sessions will be shown, including the work of the major pioneer in the approach, Steve de Shazer.

**BRIAN CADE** has recently returned to Britain after 25 years in private practice in Sydney, Australia, having emigrated there from Cardiff, Wales in 1985, where he had been a founding member of **The Family Institute**. Registered as a family therapist by the **United Kingdom Council for Psychotherapy**, he has, for nearly 40 years, developed the use of brief and "solution-focused" therapies, the use of teams and one-way screens, and also the place of humour and the absurd in therapy. He has taught widely throughout the world, gave a plenary address to the **First World Family Therapy Congress** in 1989, and has presented at conferences in Australia, Britain, Eire, Sweden Denmark, Poland, Singapore, Germany, New Zealand, Italy, Japan, Spain and throughout the United States. He has produced over 80 professional chapters and papers, and was primary author with Bill O'Hanlon of *A Brief Guide to Brief Therapy*, published in 1993 by W.W. Norton (now translated into several languages). He is now the general editor of **Context: The magazine for family therapy and systemic practice in the UK**. Brian has been on the advisory boards of several family therapy journals and is also a cartoonist. His thinking runs along similar lines to, and is also influenced by long friendships with, the late John Weakland of **The Brief Therapy Centre**, Palo Alto, and Steve de Shazer and Insoo Kim Berg of **the Brief Family Therapy Centre**, Milwaukee, and the **Milan Associates**.

The workshop will be suitable for practitioners from a variety of settings and with varying degrees of familiarity with the Solution-focused approach.

Return completed application form to  
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