

**NEW!**

# Solution Focused Brief Therapy

## POSSIBILITIES & CHANGES



## Possibilities and Change in Individuals, Families & Systems

**Auckland 25 + 26 May 2026 | 9 - 4:30pm**

Discover the evolution of Solution-Focused Brief Therapy (SFBT) in our dynamic new two-day workshop, packed with 100% fresh content! From the foundational work of past icons to contemporary SFBT 2.0 approaches and beyond, this immersive experience is designed for both returning participants and newcomers eager to master the latest techniques and innovative practices shaping the future of SFBT. Join us to unlock transformative tools and insights that will elevate your practice!

Counsellors, therapists, social workers, educators, and helping professionals eager to spark meaningful change! Dive into SFBT, a globally celebrated, hope-filled approach that pivots from problem fixation to possibility creation. Rooted in systems thinking and infused with the neuroscience of emotion and change, this workshop will sharpen your stance, refine your language, and empower you to work with greater impact across diverse systems - individuals, couples, families, and teams.

Building on the robust foundation of SFBT's original evidence-based framework, this training expands to embrace clients' emotional, cultural and contextual worlds. You'll master the art of co-creating change by tuning into what matters most, wielding curiosity to uncover strengths and sparking progress toward clients' preferred futures.

Perfect for professionals in therapeutic, community, education, or health settings who know SFBT basics and want to renew and elevate their solution focused and systemic practice. It's also ideal for those seeking strengths-based, future-focused methods aligned with trauma-informed, brain-aware approaches.



### Dr Leonie White

Dr Leonie White is a Clinical Family Therapist and Psychologist with over 25 years experience in counselling and mental health, and a passion for supporting individuals, families, schools, communities, professionals, and organisations through an integrative systemic family therapy lens. She is the founder of Phoenix Family Therapy Academy, operates a Private Practice, and currently teaches at QUT and UniSQ. She is the author of the Helping Families Thrive Cards and Helping Families Thrive Strengths Cards.

### Workshop details

- 15 CPD Hours - Printed CPD certificate
- Full Catering - All breaks drinks and food provided
- Printed Handbook - Comprehensive
- Experiential Exercises - Hands-on learning and skill development
- Evidence-Based Strategies - Latest research applications
- Click and collect bookstore
- Pay by debit/credit card or bank transfer (invoice)



[tickets.mentalhealthtrainingnz.com](https://tickets.mentalhealthtrainingnz.com)

EMPOWERING THE  
**Helping  
Professional**

BONUS

## Empowering the Helping Professional

Creating safety to enhance well-being in practitioners, clients and mentally healthy workplaces

**Auckland 20 March 2026 | 9 - 4pm**

Customer Rating 4.86 out of 5 ★

Includes bonus Keep Calm Card set valued at \$54.99.

from  
**\$299**

Overcoming  
**SCHOOL  
REFUSAL  
Together**



## Overcoming School Refusal Together

Proven Strategies with a Wrap-around Approach  
Presented by Karen Young from Hey Sigmund

**Auckland 22 May 2026 | 9 - 3pm**

from  
**\$285**

**Key Skills in  
Family Therapy**



## Key Skills in Family Therapy

Systemic Approaches to Working with Individuals, Couples and Families

**Auckland 18 & 19 March 2026 | 9 - 4:30pm**

Customer Rating 4.92 out of 5 ★

from  
**\$575**

**ANXIETY**  
in  
**CHILDREN  
& TEENS**



## Anxiety in Children and Teens

Two day intensive workshop to support practitioners working with anxious children, teens and their families/carers.

Presented by Karen Young from Hey Sigmund

**Auckland - 16 & 17 March 2026**

**Christchurch - 20 & 21 May 2026**

from  
**\$575**

Reserve Your Place Today - Limited spaces available  
Hosted by Mental Health Training NZ  
All topics can be delivered in-house at your chosen venue