



Open Call for clients to be engaged in Solution Focused Brief Therapy conversations

Have you ever considered trying out therapy to make a positive difference to your future? Are you interested in a coaching conversation to make progress in your desired area? Are you eager to make a change, but do not want it to be a long term and expensive process, yet it has to be done together with an experienced professional? Then this call might be just the thing you are looking for!

This is your invitation to join Solution Focused journey as a client.

Solution Focused Brief Therapy (SFBT) is an approach to foster positive change effectively and in a considerably shorter amount of time than any other approach. It was developed in 1980's by Steve de Shazer and Insoo Kim Berg and has since then been worldwide used across different fields, such as therapy, social work, coaching, training, business, management, education, facilitation, project management and other similar fields. It is neither widely spread nor used in Slovenia. Not yet.

Why this invitation?

As of September 2016 until July 2017 I will be intensively engaged in acquiring a Diploma in Solution Focused Brief Therapy Practice in London (United Kingdom). It is an intensive and rigorously monitored process of my own professional development, which cannot happen without working with clients.

I have been practising Solution Focused Coaching since summer 2014 and have had more than 70 individual clients, close to 300 workshops (within university faculties, business companies, NGO's and other enterprises), about 40 team and group long-term trainings, which makes over 2500 hours of practice. Current client feedback has been overall excellent (see for example <https://ribalon.org/what-clients-say/>). Yet I feel I need a further professional quality assessment, so I entered a one-year process of becoming a Solution Focused Brief Therapist. As such, I will need to present taped examples of 60 hours work with clients.

It is a win-win situation – if you would like to be engaged in Solution Focused Brief Therapy, or know someone who is looking for and could benefit from useful conversations that build rapid change, you are welcome to apply and take a part in it as a client!

What are you likely to get and experience by participating?

- Experience professional conversations that bring rapid progress forward and build a better future for you:
 - o individually,
 - o for your significant other or
 - o for your team and/or
 - o your organization.
- Improve your current situation that you are not satisfied with.
- Improve your relationships with others.
- Find new ways, ideas, solutions to long or short term problems.
- Find a fast way forward with a challenge you might be struggling with.

All that **free of charge**.

What am I asking in return?

- Your permission to be videotaped. The recordings will be used in supervision for my assessment as a therapist in the Diploma and training process. Your identity and personal data will be kept highly confidential.

Conditions:

- Your wish and intention to participate has to be genuine, i.e. you present your current life situation that you would like to improve (not your friend's situation).
- We should not have been working before professionally, i.e. you are not a previous client of mine.
- The sessions will be in English. That does not mean you have to be a native speaker, the basic knowledge of English language will do. You can be based in any country. The sessions can be online and I will try to adjust to your schedule and time zone.

Please get in touch and let me know you are interested by sending an inquiry to biba@ribalon.si by **October 31st**. In your email, please provide your phone number and indicate when you are able to start. The places are limited and will be allocated on a first come, first served basis. The minimum age is 11, there is no upper age limit. You are welcome to join as an individual, a couple or a family.

I am very much looking forward to meeting you and working with you!

A. Biba Rebolj, Solution Focused Coach and Trainer, creative director of Ribalon Institute

For more info about the Solution Focused Brief Therapy and Ribalon Institute visit <http://ribalon.org>, or www.ribalon.si (slo)