

**“How can I use microanalysis
to be a better SF practitioner, trainer, teacher, or supervisor?”**

A two-day Workshop

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This workshop is an intensive hands-on introduction to the microanalysis of communication in psychotherapy and other face-to-face settings, with an emphasis on its use in solution focused therapy. Microanalysis is the moment-by-moment analysis of actual language use, usually on digitized video. It makes the details of therapist-client interactions visible to the practitioner, trainer, or supervisor.

Microanalysis is a useful tool for psychotherapists and related practitioners for several reasons:

- Communication is the basic tool of psychotherapy, so it is essential to understand and appreciate, as precisely as possible, how communication works in these settings.
- Solution focused therapists have traditionally had a heightened sensitivity to the language of psychotherapy (e.g., de Shazer, *Words were originally magic*; De Jong & Berg, *Interviewing for solutions*). Learning and practicing solution focused therapy is, in part, learning and practicing the details and nuances of language.
- Individual practitioners may wish to discover or enhance their own techniques by a closer examination of what they do that works.
- Identifying and articulating the observable details of communication are important for trainers, supervisors, teachers, and practitioners because these are explicit and specifiable behaviours that novices can become aware and seek to master (or to avoid).

The workshop addresses the question “How can I use microanalysis to be a better practitioner, trainer, teacher, or supervisor?” We build on insights from basic research but also show how to apply microanalytic skills to develop your own “first impressions” that come up while you train, supervise, or watch your own practice. There are always moments that arouse your curiosity, concern, or interest. The question is, how do you follow up on them? We have some new methods for using the vocabulary and perspective of microanalysis to develop those first impressions in a concrete, practical way.

The workshop is hands-on and interactive. There are demonstrations, video examples from solution focused sessions, interactive discussions, and lots of practice with individual supervision.

For SFBTA program

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Day one:

Communication is the basic tool of psychotherapy. Microanalysis is the moment-by-moment video analysis of actual communication, which makes the details of therapist-client interactions visible. The first day is an intensive hands-on introduction to microanalysis, using video examples from solution focused sessions, interactive discussions, and lots of practice with individual supervision.

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Day two:

The focus shifts more to the use of microanalysis in your own training, teaching, supervision, or practice. The emphasis will be on applying these new skills in your professional role. We continue to balance the presentation of new research information with demonstrations, video, interactive discussions, and practice.