



*The Pro Bono Counseling Network Education Series  
Presents*



## **Brief Therapy: Useful Tips and Techniques**

This workshop will provide guidelines, tips and techniques for working with clients in brief therapy. We will discuss how the common therapeutic factors present in all psychotherapies can best be leveraged in brief therapy. Useful techniques from different theoretical approaches including CBT and Solution focused will be presented. Understanding how to find a therapeutic focal point, how to keep clients on track in sessions and how to best use “homework” assignments will also be explained.

### **Learning Objectives**

Upon completion of this workshop, participants should be able to:

- Explain the key principles of brief treatment
- Describe at least two techniques to help clients focus on future goals/directions
- Understand how to help clients work on their issues between therapy sessions
- Describe how common factors that are helpful in all therapies can be leveraged in brief settings

Two contact hours will be available for this training. **Free** to all current Pro Bono Counseling Network Volunteer Therapists or other therapists who practice in Durham, Orange, Person or Chatham counties and would like to become a Pro Bono Counseling Network Therapist. For more information on joining and becoming a volunteer therapist, contact Shelley Danser, the program coordinator: Shelley.D@fhrecovery.org.

[Register Now!](#)

**Friday, March 9th, 2018 from 9:00 AM to 11:00 PM EST;**  
Registration from 8:30am to 9:00am.

**Freedom House Recovery Center, Cafeteria  
102 New Stateside Drive  
Chapel Hill, NC 27516**

### **Marilyn Ghezzi, MSW, LCSW**

Marilyn Ghezzi, MSW, LCSW is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work where she teaches classes on Brief Treatment, Adult Mental Health practice, Differential Diagnosis and numerous other advanced practice classes. Prior to working in academia, she worked as a clinical social worker in a community mental health clinic for over 20 years.