

# The SFU Solution Focused Brief Therapy Diamond Certification Pathway

*The Solution Focused Universe (SFU) Certification pathway is made up of 3 Levels. These 3 levels can be supplemented with the 16-week coaching program and/or can be followed by the 1-year mentorship program).*

## SFBT Diamond Level 1 Certification

The SFBT Diamond Level 1 Certification is a self-paced online course, consisting of pre-recorded training videos. There is no time limit for when this course needs to be completed.

This course can be taken at any time.

Current cost (no payment plan is available with the Level 1 as it is instant access)  
\$497

Upon completion of the online course a quiz is to be taken with a pass mark of 75% or higher. (14 CE Credits are available)

Your Level 1 Certification will be emailed to you within 3-5 days of your quiz being passed.

[Click Here To Learn More and Purchase Level 1](#)

## SFBT Diamond 16-Week Coaching Program - *Optional*

The SFBT Diamond 16-Week Coaching Program is designed to help increase exposure to the components of the SFBT Diamond. Although ***this program is not required for certification purposes, we highly recommend it for participants hoping to truly master the SFBT approach.*** Typically this program is completed after Level 1 Certification. The Coaching Program gives a much deeper exposure to the content and thinking that goes into doing SFBT work effectively. The Coaching Program will significantly increase one's success in the Levels 2 and 3 Certification and in the Mentorship Program.

The Coaching Program includes online course material (videos to review, readings to complete, etc.) that can be completed in a self-paced way. New content is added to a course portal each week for the full 16 weeks. This online material is supplemented each week by virtual coaching sessions. The SFU leadership team meets with course participants for 90 minutes each week to further elaborate on the topic of the week and answer questions from participants. In addition, weekly practice sessions are available for an additional 60 minutes. The practice sessions are designed for small groups to proactive the specific skills discussed in the weekly content and

coaching calls. Participants work with peers and receive feedback from facilitators about their work and what steps could be taken to make improvements.

This training happens three times per year, typically starting in February, June, and October.

Current Cost with payment plan available:  
(\$997 early bird fee) \$1497 (full fee)

Registration Open: <https://courses.thesfu.com/winter2024-coaching-program-savemyseat>  
Next 16-Week Coaching Program Dates - January 2024

Upon completion of the 16 week course a quiz is to be taken with a pass mark of 75% or higher.  
(32 CE Credits are available)

Your SFBT Certificate will be emailed to you within 3-5 days of your quiz being passed.

## SFBT Diamond Level 2 Certification

The SFBT Diamond Level 2 Certification program requires attendance of the 2 full days training course (typically held virtually) and assignment work. The post-course assignments must be completed within 4 weeks of completing the live training.

The 2-day training happens twice per year, typically in January and June.

Current Cost with payment plan available:  
\$997 (early bird fee) \$1497 (full fee)

### Assignment work outline:

- **A session recording (or part sessions) that demonstrate each part of the diamond.**  
*We recommend this be a mock session as most real sessions don't always use all parts of the diamond. This can be submitted in a format of your choosing (google drive, dropbox, etc.).*
- **A full transcription of your recorded session with a full breakdown analysis.**  
*Participants should transcribe each utterance by the therapist and by the client in its entirety. After each therapist utterance, the student should insert a personal comment about what they see in the respective utterance that contributes to the SFBT session. The emphasis of each comment should be to demonstrate that the student is practicing and/or thinking consistently with the SFBT Diamond Approach and its associated stance. These comments can highlight what specific types of questions they are using (and*

*why), how they are specifically incorporating the language of the client in a meaningful way, or the thought process they had that is consistent with the SFBT approach. The student may also include personal reflections about the utterances and the overall session as desired. It isn't intended that the session be perfect. It is understandable that the student may want to rephrase something upon listening to the session back. The commentary can include an acknowledgement that the question wasn't as effective as the clinician was hoping, followed by a revised question in the commentary regarding what the clinician would ask now, if they had the chance to ask a revised question to the client. Each commentary statement should contribute to the evaluator being able to see that the student has a firm grasp on the SFBT Diamond Approach.*

- **A 500 word written reflection that demonstrates your understanding of Solution Focused Brief Therapy and the required mindset.**
- **A one hour coaching call (1:1) to cover any follow up questions prior to submission.** When you are ready to utilize this coaching call you can email [anna@thesfu.com](mailto:anna@thesfu.com) to schedule a time.

[Click Here To Be Notified First When Registration Opens](#)

Next Level 2 Dates -

29-30th January 2024

24-25th June 2024

Upon passing Level 2, your SFBT Diamond Level 2 Certification Certificate will be emailed.

## **SFBT Diamond Level 3 Certification**

The SFBT Diamond Level 3: Fully Certified program requires attendance of the 4-day training course. This is a hybrid event so attendance can be in person or online. If possible, we recommend attending in person.

This training happens once per year, typically in November.

Current Cost with payment plan available:

\$1497 (early bird fee) \$1997 (full fee) - *all inclusive - food/accom/training - in person*

\$997 (early bird fee) \$1497 (full fee) - *online attendance*

The 4 days are fully interactive and require a final demonstration of your Solution Focused Brief Therapy skills. This experience is rich in exercises and each participant will be asked to complete a full SFBT therapy session with a mock client and engage in discussion with the group about their work and thinking.

For in person attendance everyone stays together for a fully immersive and social time where skill development and confidence can increase exponentially.

[Click Here To Be Notified First When Registration Opens](#)

Next Level 3 Dates - November 4th-7th 2024

Upon passing Level 3, your SFBT Diamond Level 2 Certification Certificate will be emailed.

## **SFBT Diamond Mentorship Program**

The SFBT Diamond Mentorship Program is a one-year program that follows Level 3 Certification. This program is offered on an as-needed basis, with start and finish dates determined with each mentorship participant that enrolls. This program requires students to meet with a SFBT Diamond mentor for 10, one-on-one meetings over the course of one year (dates for these meetings will be determined between the mentor and each mentorship participant individually). Each meeting will last approximately one hour. The meetings can be held in-person or virtually. It is expected that the mentorship participant will come prepared for each meeting with a recording and transcription of their recent SFBT work. The meeting will be used to review the recording and for the mentor to provide feedback about the session and answer any questions associated with the session.

At the conclusion of the 10 mentorship meetings, each participant will submit a final 500-word document describing their own SFBT development and how they plan to approach mentoring others in the future. Mentorship participants will have 30 days following the final mentorship meeting to submit the final mentoring document.

The goal of the Diamond Mentorship Program is to produce highly trained and effective SFBT thinkers/clinicians. It is intended that graduates of the Diamond Mentorship Program will be eligible to become SFBT Diamond Mentors.

This training happens on an as-needed basis.

Current Cost: \$1997 per year