

2026 Solution-Focused Brief Therapy Conference

Solution-Focused in Clinical Relationships: Application of Solution-Focused Therapy with Couples

Friday, June 19, 2026 | 9a.m. – Noon, 1p.m. – 4p.m. (Live CST)

Overview:

This conference illustrates both the philosophical influences and the practical applications of Solution Focused Brief Therapy. Dr. Brandon Arbuckle and participants will explore how to cultivate therapeutic relationships when working with couples, delving into the power of alliance, solution focused language, treatment planning, feedback, and planning for successful discharge. Participants will walk away with practical tools and clinical research to support the confident use of Solution Focused Brief Therapy with couples.

Objectives:

At the end of this conference, participants will be able to:

1. Identify three historical philosophical influences critical to the application of Solution-Focused therapy.
2. Make practical use of Solution-Focused language in adapting to various types of clients.
3. Cultivate a cooperative therapeutic alliance with couples.
4. Integrate clinical research in couples' treatment consistent with Solution-Focused approach.
5. Solicit negative feedback to demonstrate its practical use consistent with Solution-Focused treatment.

Speaker: Brandon Arbuckle, Ph.D., LMFT

Dr. Brandon Arbuckle is a licensed marriage and family therapist with more than two decades of experience in private practice. His primary focus is working with couples on conflict resolution and emotional dysregulation between partners. With a background in the intersection of neuroscience and change in couples, Dr. Arbuckle understands how the body responds to trauma and emotional distress as well as the effect this can have on the lives of those in intimate relationships. He works to help couples develop greater and more secure emotional connections, as well as identify opportunities for growth in their relationships.

Dr. Arbuckle is a certified facilitator of Prepare/Enrich™, as well as a supervisor approved by the American Association for Marriage and Family Therapy. He regularly supervises and consults with those seeking to become an LMFT in Illinois.

Dr. Arbuckle earned his Ph.D. in Pastoral Theology, Personality and Culture from Garrett Evangelical Theological Seminary, a Methodist Seminary on the campus of Northwestern University. The field of Pastoral Theology is interdisciplinary, with influence from clinical psychology, psychology of religion and anthropology.

In his free time, he enjoys watching movies, art, playing baseball with his two children, and exploring the varied cuisine offered by the world's most delightful city: Chicago.



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Conference Fees

Non-Advocate Health Providers \$150.00
Advocate Health team member or FTTI affiliate Free

Location: Virtually via Microsoft Teams (*Link will be provided prior to the event*)

Target Audience: This activity is designed for mental health practitioners, including psychologists, marriage and family therapists, social workers, professional counselors, and other health care professionals.

Register at [Clinical Issues in Couple and Family Therapy series: Annual Solution Focused Brief Therapy Conference | Advocate Health](#)

Disclosure:

Acknowledgement of all disclosures for planner(s) and speaker(s) (nothing to disclose or the existence of relevant financial relationships) will be made at the activity. Financial relationships will be identified and mitigated prior to the activity.

Commercial Support: There is no financial support for the activities.

COAMFTE

The Family Therapy Training Institute (FTTI) is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) COAMFTE. FTTI is an approved continuing education entity per [Wisconsin Statute MPSW 19.03 1\(b\)](#).

Accreditation Statement:



In support of improving patient care, Advocate Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Statements:

Association of Social Work Boards (ASWB)

As a Jointly Accredited Organization, Advocate Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 6.0 clinical continuing education credits.

American Psychological Association (APA)

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.