

**TITRE / TITLE****Brief Crisis Therapy Working with Diversity: Clients as Experts****THEME / THEMATIC**

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**AUTEURS / AUTHORS****Liste des auteurs / authors :**

Dina Bednar, Julia Wigmore, Andrew Sofin

**Affiliation**

The Brief Crisis Therapy Institute, Canada

**TEXTE / TEXT**

The Brief Crisis Therapy Three-Session Model focuses on the client's strengths, the client as the expert, and a next step by the end of each session that incorporates their best hopes. This workshop will demonstrate how this approach utilizes everything about the individuals we work with in a way that increases hope, activates strengths, and provides the opportunity for the co-construction of solutions and next steps. This model developed inductively during the Pandemic to deal with the needs of the community, by asking clients 'what their best hopes were' and by being curious about their specific needs and wants. The BCT model is one of inclusion, respect, fairness, and celebrating the uniqueness of each person..