



## SOLUTION-FOCUSED OSCAR AWARD

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### OSCAR FOR INNOVATIVE SOLUTION-FOCUSED PROJECTS

Ben Furman, a Finnish psychiatrist, has been recognized for his groundbreaking work on Kids' Skills, earning him a prestigious Oscar nomination. Kids' Skills is a therapeutic approach designed to help children overcome various behavioral and emotional challenges by reframing them as skills to be learned rather than problems to be solved. Through a series of 12 steps, this strengths-based approach empowers children to tackle their difficulties, building resilience and confidence in collaboration with parents and therapists. Widely utilized in educational and therapeutic settings, Kids' Skills represents a significant contribution to child psychology and well-being."

The second nominee for this year's SFT Oscar is the dynamic duo, Philip and Andrea Caby, hailing from Germany and Belgium. Renowned for their expertise in teaching the solution-focused approach, they have made significant contributions not only in their own countries but also across neighboring nations. Their outstanding accomplishment includes the publication of 'The Therapist's Treasure Chest: Solution-Focused Tips and Tricks for Everyday Practice,' a two-part book filled with hundreds of solution-focused therapeutic activities. This invaluable resource has served as a true treasure chest for thousands, if not tens of thousands, of practitioners in both the German-speaking and English-speaking worlds.



Third nomination: Sue Young, a British teacher, has been recognized for her groundbreaking work in education, earning her a prestigious Oscar nomination for her invention of the 'support group approach.' This extraordinary method offers a purely solution-focused inspired method to address situations in which a child in school feels bullied or unhappy for any reason. The 'support group approach' has been tried and tested in numerous countries worldwide, yielding astounding results. Her innovative approach represents a significant advancement in promoting inclusivity and well-being in educational settings."

The fourth nominee for this year's Oscar award is Arnoud Huibers, whose Solution-focused Circle Technique has garnered immense popularity. Originally rooted in therapy, this technique has transcended its initial domain, finding applications in the realms of education, teamwork, working with clients with intellectual disabilities, management and coaching as well. Its enduring appeal lies in its timeless approach, which emphasizes focusing on competencies within the inner circle while directing attention to desires for change in the outer circle.

And the winner is: **Sue Young!!**

