

Read Book Resilience A Strength Based Approach To Good Mental Health Pdf For Free

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a strengths based approach is a perspective or lens rather than a theory of model offering an alternate way of interpreting a client's life and providing the help they need rogers et al 2020 p 244 whether considered as a perspective or a theory there are several underlying theoretical principles rogers et al 2020 this guide will demonstrate how you can identify your clients strengths teach clients to spot strengths in others help clients become familiar with their own strengths and finally help clients develop and use their strengths to create positive changes in their lives an individualized strengths based approach refers to policies practice methods and strategies that identify and draw upon the strengths of children families and communities strengths based practice involves a shift from a deficit approach which emphasizes problems and pathology to a positive partnership with the family the strength based approach is often referred to as a response to more deficit focused or pathological approaches for example erik laursen 11 and laura nissen 7 noted that in the field of youth justice the mainstream corrections model focuses on risks and needs and addressing weaknesses strengths based approach moves the focus away from deficits of people with mental illnesses consumers and focuses on the strengths and resources of the consumers the paper also aligned the relevance of strength based approach to mental health nursing and its contribution to mental health recovery declaration of interest none a strength based approach is a way of working that focuses on abilities knowledge and capacities rather than deficits or things that are lacking the approach recognises that children and families are resilient and are capable of growth learning and change the strength based approach 1 goal orientation it is crucial and vital for the client to set goals 2 strengths assessment the client finds and assesses their own strengths and inherent resources a total of 72 items were included findings strengths based approaches are being embraced by policy makers and practitioners but questions remain about their definition how they are distinct from other approaches and how they should be conceptualised their effectiveness and feasibility including their intersection with local authority elig strength based

therapy is talk therapy that guides you toward a retelling of your personal history of traumas stressors and pain with more emphasis on yourself as a survivor than as a victim a strength based approach to therapy involves clients and therapists working together to use a client s assets and abilities to instill a sense of purpose and happiness underlying a strengths based approach is the belief that how people deal with challenges depends on their view of themselves and whether they see their strengths or their strengths based practice is a collaborative process between the person supported by services and those supporting them allowing them to work together to determine an outcome that draws on the person s strengths and assets the strength based approach at the core gives parents and children the ability to continue their development by encouraging a family s growth and competency building across time this approach acknowledges that parents are experts on their family and want to do right by their child principles of the strength based approach everyone possesses a uniqueness that helps them evolve and move along their journey these characteristics may include potential strengths and what receives attention or focus becomes what the client strives for and eventually a reality be careful with a strength based approach an individual can create and control change by taking advantage of their capacities and strengths rather than focusing on their failures negative characteristics weaknesses and shortcomings strengths based or asset based approaches focus on individuals strengths including personal strengths and social and community networks and not on their deficits strengths based practice is holistic and multidisciplinary and works with the individual to promote their wellbeing it is outcomes led and not services led strengths based therapy is a theoretical orientation and approach to psychotherapy treatment based in positive psychology a strengths based therapist focuses on the client s existing resources resilience and positive qualities in an effort to use these abilities to improve quality of life and reduce problematic symptoms the strengths based approach draws on a variety of models and theories and comprises a collaboration between the social worker and their client that maps the client s strengths and assesses these strengths as the foundation for social work intervention planning pattoni 2012

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