

Advanced strengths-based practice (two or three days)

These workshops explore principles, processes and skills for working with people for change and empowerment. The workshops provide the opportunity to assess values for practice in the human services from the perspective of the strengths approach and to develop strengths based skills. Participants explore and consider conditions essential for change, learning and growth; the principles and processes of respect, 'power-with' and self-determination; the importance, value and benefits of focusing on peoples' strengths and capacities; and the meaning and importance of treating people as their own experts.

The workshops also establish a strengths-based *mind map* for listening, reflecting, planning and action with individuals, families, groups and communities as a means of generating hope and change. This includes engagement and clarifying issues; identifying and mobilising strengths and resources; tapping aspirations and values and articulating concrete goals; reframing; developing concrete description; questions that frame people as experts and presuppose change and potential; and noticing and measuring change. Other tools and strategies for strengths based practice are also explored.

