

An introduction to strengths based practice (one day)

This workshop introduces participants to the philosophical underpinnings and origins of the strengths approach and a strengths-based *mind map* for listening, reflecting, planning and action. Participants will have practised using a framework that involves clarifying issues, identifying strengths and exceptions to problems, developing a picture of the future to establish goals, identifying relevant resources, and developing a plan that mobilises strengths and resources.

