

Executive Summary

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Course Title: Everyday Skills of Strengths Based, Client Oriented, and Results Focused Practices

Outline of Training

“What separates the solutions focused approach is the premise that the future is created and negotiated, and not a slave of the past events in a person’s life, therefore in spite of past traumatic events, a person can negotiate and implement many useful steps that are likely to lead him/her to a more satisfying life. The second assumption is that the client has all of the resources, skills, and knowledge to make their life better, if they decide that this is good for them and that s/he wants things to be better for him/her. Small change can lead to making a big difference in the future.” *Insoo Kim Berg*

Traditionally child welfare social work has focused on proving allegations and focusing in on problems, offering services and continually assessing risk and safety. This focus on the problem based medical model often times has failed to help create long-lasting behavior change and family capacity building for children and families. This class will explore the balance of helping families focus in on their strengths, skills and abilities as well as the problems that bring them to the attention of child welfare. Students will learn solutions focused principles and techniques and have the several opportunities for practice.

Topics Include:

- Definition of strengths based practice and difference between traditional model
- Evidenced based information on what focus and which techniques really help to facilitate long lasting behavior change for families.
- The values of strengths based, client centered, results oriented practices
- The principles and some questioning strategies of strengths based interactions

As a Result Participants will learn the values, knowledge and skills of strengths based, client centered, solutions focused practice and some interviewing strategies.

Training Methods:

Interactive Discussion
Group interaction

Movie clips

Skill building practice
Interview practice