

Principles and Processes of Strengths-based Practice

Strengths-Based Practices (SbPs)

concentrates on the inherent strengths of individuals, families groups and organisations deploying personal strengths to aid their recovery and empowerment. SbPs are empowering alternatives to traditional methods with individuals, group or organizational work. SbPs refrain from allowing crippling, labelling and stigmatized language. Descriptions and pathology owned by persons groups and organizations that suggest acceptance of their condition as hopeless or helpless to change are constructively challenged through SbPs. Strengths based strategies build and foster hope from within by focusing and working with precedent successes. SbPs strategies facilitate change by assisting to look at what has worked? what does not work? and what might work presently making it important for facilitators and those desiring change to be integral to this process of change..

The Brisbane Institute for Strengths-based Practice

propagates, supports and encourages strengths based human resource development and management consulting, counselling, group and community training activities and projects in the Asia pacific region and elsewhere, through studies, visits, conferences and workshops and major training events. Its purpose is to promote individual and community resilience through the practice and promotion of various skills including:

*Asset-based community development
Appreciative Enquiry
Strengths-based strategies
Strengths-focused therapies*



Facilitator: Dr Venkat Pulla, is a an accredited Practitioner of Social Work well recognised in Australia and overseas as a highly committed trainer of human values and strengths based human services practice frameworks for empowerment of clients and staff within the teams. Venkat's tactical conversations cause gentle nudges for such slumbering humanity without sounding provocative. 'In simple terms, if they are not awake they are not aware'. This summarises Venkat's style of training and interventions. As one of the pioneers in strength based practice, he offers professional supervision, process facilitation for managing change and wide ranging assistance to the not-for-profit sector and organisational development.



2 Day Training Program Principles and Processes of Strengths-based Practice

Preparing for Strengths approach

Day one 9.30am—5.30pm

Welcome, introductions and program overview

What is strengths based practice all about?

Its principles of Practice
What are Constraints, Deficits and Niggles?

How do we construct change?

What does the 'power-with' mean?

Is there a potting mix for growth?

Can we determine resolutions?

Relating strengths Approach

Key descriptions of the strengths

Approach:

Resource-adding in a strengths-based way

Aspirational focus

Clarity, transparency and ownership

Formation of Skills

Day Two 8.30am—4.30pm

1. Summary and reflections

Imaging futures-spotting

Exceptions- strengths and means

Methodology

Developing pride and sense of ownership

Adding SbPs to your work Implications

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