From a Strengths Perspective

Six Concepts:

Empowerment Membership Regeneration/Redefining/Reaffirming Synergy Collaboration and Communication Letting Go of Old Assumptions

1. Empowerment:

* Reducing the sense and current reality of an individual’s powerlessness by helping people discover the considerable power within themselves, their family and their community.
* Becoming aware of tensions and conflicts that are oppressing or limiting one and working towards liberating from these restraints.

2. Membership:

* Places where individuals become known for what they do, are supported in becoming more adept and knowledgeable, and can establish solid relationships within and outside of this community.
* Loss of membership makes discovery of strengths more difficult and can lead to isolation.

3. Regeneration/Redefining/Reaffirming:

* Life Transformations, birth, death, aging, marriage, divorce, etc. are part of life… and through creating and maintaining a sense of autonomy the ability to envision a positive expectation of a transition becomes a reality.
* Accept what happens, learn from it and explore the options available to you to take action.

4. Synergy:

* When people are brought together into inter-relationships, new and often unexpected patterns are developed with relationships that are positive and promote the sharing of resources.
* Resources include: the strengths, capacities, adaptive skills of the individual, family, or collective community.

5. Collaboration and Communication:

* Possibilities for choice, control, commitment and personal development are magnified by the exchanging of personal perspectives on how to move forward that can create momentum for growth.
* Creating accountability by promoting shared ownership towards future goals.

6. Letting Go of Old Assumptions:

* Suspension of Disbelief: In order to create a new story for the future, you need to ‘believe in the impossible’ .
* Create a narrative that others can relate to… describe the realities in such a way that context is easily understood and recognized.

 Adapted From Daniel Saleebey’s writings on Strength Based Perspectives

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