



Strengths Based Approach in Action

Our Strengths Based Approach in Action course explores Strengths-Based Practice, identifying what works & challenges in assessment. This course is suitable for staff who have a good understanding of the meaning and purpose of adopting a strengths-based approach, focusing on how to transfer theory into practice.

Our experienced trainers will lead you through experiential activities, discussions, debates and case studies. These will help you learn the ROPES model, along with ensuring you leave equipped with tools like strengths mapping and motivational interviewing to empower the people you support & create long-term plans, whilst also addressing overcoming barriers to SBA in crisis, difficult dialogues, and power dynamics.

[Learn more](#) >

Learning Outcomes

- To explore the meaning of strengths-based practice and identify what is currently working well, and what the challenges are to achieving strengths-based assessment
- To understand and utilize ROPES model and explore specific methods and tools for the effective use of Strengths Based Approach (SBA). This will include strengths mapping, motivational interviewing, and empowerment for creating and sustaining long term plans.
- To understand and manage barriers to SBA in an informed way by considering how to understand and apply strengths-based practice in crisis intervention, difficult conversations, sources of power, and care versus control scenarios.

Course Content

Module 1: Foundations of SBA:

- Demystifying SBA: Explore the meaning, benefits, and challenges of strengths-based assessment.
- Identifying “What Works”: Learn to recognise existing strengths and resources for positive change.

Module 2: Tools for Transformation:

- The ROPES Model: Master this framework for identifying strengths and building a strengths-based plan.
- Empowering Techniques: Discover how strengths mapping and motivational interviewing can empower individuals you support.
- Crafting Long-Term Success: Develop skills to create sustainable plans built on identified strengths.

Course Content

Module 3: Navigating Challenges:

- SBA in Crisis: Understand how to apply SBA principles in crisis situations.
- Difficult Dialogues with Confidence: Learn strategies for strengths-based communication during challenging conversations.
- Power Dynamics and Collaboration: Explore navigating power dynamics to build collaborative, strengths-based partnerships.
- Care vs. Control: Balance support with fostering independence through a strengths-based approach.