

## COUNSELLING & CLIENT WORK COURSES

# RESILIENCE & STRENGTHS-BASED PRACTICE

### Course overview

This training program will develop participants' knowledge, skills and confidence in all aspects of applying a Strengths-Based Practice approach to a range of client issues and worker roles.

### Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

**DURATION:** 1 Day

**FEE:** Varies depending on venue, sector, numbers & service provided

**IN-HOUSE TRAINING:** By arrangement with your organisation

**CUSTOMISED TRAINING:** To meet the specific requirements of your service and sector

**VENUE:** Available **Australia-wide including remote & regional areas**

Discounts for NGOs

### Course content

- Definitions of resilience, strengths, protective factors and the evidence-base for a 'strengths and resilience' based approach to a broad range of client issues, workplace settings and roles.
- The framework, theory, underlying principles, key elements and techniques of a strengths and resilience based approach.
- Using a strengths and resilience based approach when working with clients, and interventions and tools to explore issues impacting on the client.
- Understand the risk and protective factors that influence reliance, the relationship of resilience to risk behaviours, and building resilience within specific client groups (e.g. Indigenous young people).
- Work collaboratively with the client to identify strengths and protective factors, establish goals, and review progress.
- Practice strategies to engage the client and build awareness of strengths, protective factors and resilience, and utilise these to address behaviour change.
- Deal effectively with challenging client issues using this approach, including understanding power issues, and the '*power with*' and '*engagement triangle*' when working with clients
- Apply this approach effectively with 'resistant' or involuntary clients.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

### Contact us for an obligation free quote!

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