

Strengths-based Family Centred Practice

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Continuum of Family Centred Models



Dunst et al 1991 adapted from Espe Sherwindt 2008

Paradigm	Definition
Professional Centred	Professionals determine the needs of families from their own perspectives as opposed to families perspectives. Interventions implemented by professionals. Disempowering
Family allied	Families are agents of professionals. Tasked with carrying out interventions deemed necessary by professionals for the benefit of the child/family

paradigm	Definition
Family Focussed	Characterized by families needing primarily professional service, advice and assistance. Viewed as a consumer and can make informed decisions re intervention with clinical guidance.
Family centred	Characterized by the family driving the intervention practices. Families needs and desires determine all aspects of service delivery and resource provision Professionals are seen as agents and instruments of families and intervene in ways that maximally promote family decision making, capabilities and competencies.



IFSP Sample

Child's name:	Date of Birth:	Client ID:
Parents' or Carers' names:		
Team member completing or updating plan:	Date:	
Other important people in your child's life such as brothers and sisters or other family members?		
Pre-school or School:	Class/Year:	
Goals in last 6 months		
Goal 1: _____		
Is this goal? Achieved <input type="checkbox"/> Set aside <input type="checkbox"/> Still active <input type="checkbox"/>		
Goal 2: _____		
Is this goal? Achieved <input type="checkbox"/> Set aside <input type="checkbox"/> Still active <input type="checkbox"/>		
Goal 3: _____		
Is this goal? Achieved <input type="checkbox"/> Set aside <input type="checkbox"/> Still active <input type="checkbox"/>		

(Add further goals as necessary. Goals which are still active are named as goals below)

What's going well?

What's not going so well?

What is important to you right now?

1. _____
2. _____
3. _____

Goal 1: _____

What is happening now?

What will your family and others do to help achieve this goal?

What will the team do to help achieve this goal?

When do we aim for this goal to be achieved? Date: _____

Goals for Training

Thinking about Family Centred practice and IFSC in your team and your personal practice

- 1) What has been working well?
- 2) What have been the challenges?
- 3) What are you hoping for during this workshop?

Goals



Strengths-based practice

A shift from

Problems to Goals

What's wrong to What's right

Deficits to Strengths

What's lacking to What's working

How harm happened to How person coped

Professional as expert to Client as Expert

Structure of Strengths-based Session

1. **Joining**
 - Starting where the client is at
2. **Goaling**
 - Where do you want to go?
3. **Appreciating Progress**
 - How far have you come?
4. **Next Steps**
 - What is the next step?

1) Joining

Problem Free Talk

- ▶ Engage the client in a positive conversation that emphasises strengths
- ▶ Give a compliment if you have one
- ▶ Use some strengths-based 'getting to know you' games and exercises with children

Listen empathetically to the client story

- ▶ Tell me is what is concerning you.
- ▶ what challenges and problems have you been dealing with
- ▶ That sounds really hard for you
- ▶ Tell me about what it has been like for you

Goals - Where do you want to go

Client Goals

- ▶ What would you like to be different for your child?
- ▶ What are you hoping for your child?
- ▶ What will things be like when things are better for you and your child?
- ▶ What changes are you hoping for?

Service Goals

- ▶ What are your best hopes for coming to these meetings?
- ▶ How are you hoping the team can help you?
- ▶ what services are you looking for?
- ▶ How are you hoping I can help you today?

Practice Exercise

IN PAIRS

Join with client

- Listen carefully to what they are saying and empathise - 'that sounds really difficult'

Goal

1. Given that, what are you hoping for you and your children?
What would you like to be different?
2. Coming to see me, what are you hoping for?

3) Progress - How far have you come

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The rest of the slide is a plain white background.

3) Progress - How far have you come

Exceptions

- ▶ When have things gone well before?
- ▶ How did you manage this?
- ▶ What helped then?

Current strategies/ Coping

- ▶ What strategies have worked best in dealing with the problem?
- ▶ How do you cope with the problems on a daily basis?
- ▶ Who supports or helps you?
- ▶ What services worked best for you? How did they help

3) Progress - How far have you come

Scaling progress

- ▶ On a scale of one to ten, where ten is the goal reached where are you now?
- ▶ What has got you to this point on the scale?
(e.g if the person answers 2, ask what makes you a 2 instead of a 1?)

Notice and Affirm strengths, skills and resources

- ▶ How have you got this far?
- ▶ What has kept you going?
- ▶ It strikes me you have have kept going and persisted, what does that say about you?
- ▶ The teacher told me you really helped your son settle at home, how did you do that?

Appreciating Progress

KEY is DETAIL

- ▶ When has a little of the goal happened before for you?
- ▶ When do you manage to get on at home?
- ▶ What happened specifically then? Who noticed?
- ▶ I'm interested to know, what did you do to make it happen?
- ▶ What do you do in other situations like that that helps?
- ▶ How do you feel when things go better for you? How does your partner/ parent/ child feel? How are things different for them
- ▶ What else? What else?

4) Next Steps - what is the next step?

4) Next Steps

Client actions

- ▶ Next week, what would you like to see different?
- ▶ What would be a sign of progress?
- ▶ What would being one point higher on the scale look like?
- ▶ What would it take to make the next step?
- ▶ What support would you need?

Service Actions

- ▶ As a service we can provide....
- ▶ How can we make this work for you?

Feedback

- ▶ How have you found the session today?
- ▶ What was helpful? Anything we could do differently?

Feedback and Family Centred practice

Session by session

- ▶ How have you found the session today?
- ▶ What was helpful?
- ▶ What could be different?

Service wide survey

- ▶ What parts of our service is helpful to you?
- ▶ How can we improve things?

Participation

- ▶ Client participation in service planning
- ▶ Family advisory groups

Case practice

- 1) What cases or practice situations would you like to look at?
- 2) What is going well in this case?
- 3) What is not going so well?
- 4) What is your goal for this family?
- 5) What is the family's goal?
- 6) As you discuss the case now, what are you hoping for ?

Case practice

- 1) Given resource constraints and long waiting lists, how can you respond to families to still provide an empowering service?

Solution Focused Consultation Model

1. Presentation

Presenter briefly describes case or dilemma

2. Clarification

Group members (GMs) briefly ask a few clarifying questions

3. Feedback/ solution generation

GMs share ideas on how to best respond to case

4. Roleplay

Presenter role-plays the client and each GM plays therapist, trying out a solution or new approach

5. Review

Presenter reviews and evaluates all the ideas gained

6. Affirmation

GM's affirm and provide strengths-based feedback to presenter

4) Next Steps

- Giving Feedback/ suggestions/ professional advice

1. Permission - Would you like to hear my thoughts so far?
2. Highlight and reinforce client strengths
3. - I am struck at how you persisted when...
4. - I feel you really made progress when...
5. Give a suggestion/ advice/ formulation that fits with clients strengths and preferences (Frame criticisms as suggestions)
6. Evaluate - what do you think?

Solution Focused Approach

The Power of Solution Focused Questions

Constructive Questions For therapist

- What do I admire in this client?
- What strengths do I see?
- What do I enjoy about meeting this client?
- What have I learnt about this client?

Constructive Questions For therapist - Before meeting

- What exciting things can I learn about from this client?
- What am I curious about this client?
- What am I interested in knowing?

Constructive Questions - Challenging Cases

Thinking constructively about the client

- ▶ What strengths about the client does the impasse reveal?
- ▶ What positive client intentions underpin the client's actions?
- ▶ How can you adapt your approach to accommodate this?
- ▶ Despite the 'stuckness', what is going well for this client?
- ▶ How is he/she coping with his/her difficulties?
- ▶ What do you like and admire about this client?
- ▶ What positive goals/ aspirations does the client have, that are not the subject of the therapy but which could be?
- ▶ What resources and strengths do they have access or potential access to?
- ▶ Who are the supporters/helpers of the client not considered previously?
- ▶

Constructive Questions - Challenging Cases

B) Thinking differently about your practice

- What are your hopes for your client and for this work?
- What are you aiming for in the work that your client is not yet aiming for?
- What goals/methods of work do you agree upon with the client?
- What strengths does this impasse reveal about your work as a therapist?
- What is going well in your work with this client or in their contact with professional services? What has gone well in the past?
- What are you doing constructively as a therapist in spite of any of the difficulties/current impasse?
- What resources and strengths have you got as a therapist that might be a help to this client

Solution-Focused Listening

Step 1) Listen to Client (show you have listened by repeating back what they have said, or

Step 2) Ask a Solution Questions (goaling, exceptions, coping scaling, change etc.)

Further information

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