

Enhancing wellbeing and resilience using a strengths based approach:

Implications for Ed Psych practice

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Think about the best thing that has happened for you this week.

Share it with the person next to you

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Scaling...

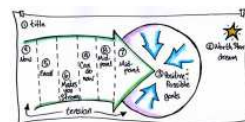
How confident are you about using strengths based approaches in your work?



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Today's session

1. Setting the scene
2. Planning Alternative Tomorrows with Hope (the PATH)
3. Summing up and next steps



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What is wellbeing to you?



- Ameliorating risks vs building strengths
- Individual vs relational aspects
- NZ context – Māori models
- Objective vs subjective aspects

WINNING WAYS TO WELLBEING

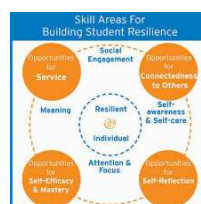
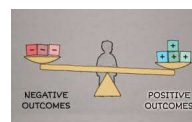


INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE DIFFERENCE.



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What is resilience?

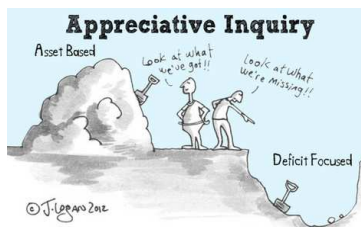


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Strengths-based approaches

Generative
Person-centred
Open
Adaptable
Flexible
Collaborative
Affirming



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“The only real voyage of discovery exists, not in new landscapes, but in having new eyes”

Marcel Proust

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Why is this important to us?

Evidence based approach
Empowers others
It builds capabilities
Allows psychologists to be more creative
Ecological
Challenges ‘traditional’ discourses
Respectful
Challenges hegemony of power

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Introducing the PATH

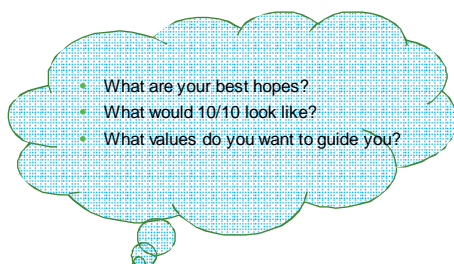


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The Dream - Moemoea and tūmanako

What is your vision for the future?



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Positive and Possible – ngā whāinga

What will we have achieved one year from now?

- What has happened in the ‘past year’?
- What do you remember?
- How did that feel?



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Now/Strengths – Me pehea tātou i tenei wa?

What is the situation like now?
What strengths do we have to build on?

- How would a fly on the wall describe the situation?
- Can you provide a snap-shot of the current situation?
- What skills and strengths do we already have that can help us?
- What new contacts, resources and help may be needed?



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Enrol – Awhi mai, awhi atu

Who will help us?

- Who is already helping?
- Who needs to help?
- Who needs to be involved to make change possible?



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Next Steps

Actions

- What actions need to be taken toward the vision?
 - Who will be responsible for each goal?
 - What support is needed from each other?
- ✓ What will be the next steps that we take in our practice as:
- individuals
 - a group
 - a profession



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Scaling...

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Evaluation



<https://www.research.net/r/SBPractice>

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Key references

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“We want people to have a better life, a happier life, so there’s more, not just years in your life but life in your years.”

Director of Public Health, UK (2013)