

## What is the Strengths Based Recovery Principle?

The strengths model posits that all people have goals, talents and confidences. All environments contain resources, people and opportunities. This model is about providing new perceptions in relation to those factors that affect a person's life and the methods by which these can be altered and resources can be accessed. There are four types of strengths: personal attributes talents and skills, environmental, interest and aspirations. Workshops and trainings that help to promote this within an individual is considered strengths based. It would not be an assessment tool that a clinician learns to use to gather information.

Strengths Model: Case Management with People with Psychiatric Disabilities

Charles Rapp and Richard Goscha