

DETAILED CONTENTS

Preface	xiii
PART I. Strengths-Based Theory	1
Chapter 1: Strengths-Based Therapy	3
Strengths-Based Therapy: A New Paradigm	3
Historical Contributions to Strengths-Based Therapy	5
Clinical Development and Evidence for Strengths-Based Therapy (SBT)	8
Strengths-Based Therapy and the Metaphor of Finding One's Strength	9
Strengths-Based Therapy, the Wizard of Oz, and the Yellow Brick Road	10
The Philosophy of Strengths-Based Therapy	11
Core Concepts in Strengths-Based Therapy	13
Definition of Strength	13
Characteristics of Strengths	14
The Concept of Strength Zones	17
11 Strength Zones or Categories	17
Strength Estrangement	18
Significance of Our Strengths	18
Comparison of the Strength Perspective and the Deficit Perspective	20
Strengths and "Flow"	20
The Strengths Window	21
Managing Weaknesses	22
The Paradox of Adversity and Strengths	23
Strengths-Based Therapy as "Bucket Filling"	24
Therapy, a Strengths-Building Environment	25
Strengths Questionnaire	26
Summary	26
Strengths Engagement Exercises	27

Chapter 2: Human Strengths Theory: The Neuroscience and Relational Components of Strengths	33
Introduction	33
Human Strengths Theory (HST)	34
The Neurobiology of Human Strengths	35
The Brain Component of Strengths Development	36
The Brain and Strength Development	37
Strengths as Well-Traveled Pathways in the Brain	38
Strengths and the Emergence of the Mind	39
The Negativity Bias of the Brain	40
The Negativity Bias in Therapy	42
Attachment and the Relational Aspects of Strength Development	43
Strengths Development of Older Children: Importance of a Trusted Relationship	48
The Narrative Process and the Mind	49
Mindset	49
The Strengths Mindset	50
Deficit Mindset	52
Summary of the Deficit and Strengths Mindsets	54
Strengths-Based/Deficit Mindset Questionnaire	54
The Strengths Mindset Questionnaire	54
Categories of Strengths	55
Strengths Development and Attention	56
Strength Development, Self Theory, Implicit and Explicit Memories	57
Strength Development as Validation of the Self	59
Reaching Past the Thorns and the Deficits	59
The Importance of Positive Emotions in Strengths Development	61
Stages of Strengths Development	62
Strength Development: A Lifelong and Intentional Process	64
Principles of Strengths-Based Therapy Model	64
Summary	67
Strengths Engagement Exercises	68
Chapter 3: Strengths Across Cultures	73
Culture: An Introduction and Overview	73
Differences Between Culture and Ethnicity	74
Culture as a Human Strength	74
Culture and Strengths-Based Therapy	76
Culture and the Process of Identity Development	77
Cultural Meaning Systems and the Process of Cultural Identification	78
Cultural Intelligence and Cultural Identity Development	80
The Multicultural Personality	82
Research on the Positive Benefits of a Cultural Identity	84

The Iceberg Conception of Culture	86
Some Basic Differences Between Western and Eastern Philosophies	90
Cultural Leveling and Cultural Diffusion	90
The Culturally Competent Strengths-Based Therapist	90
The Strengths-Based Therapy Model: A Twain That Unites East and West	92
Cultural Strengths of Gays and Lesbians: A Strengths-Based Gay Practice	96
Multicultural Clinical Practice Questions	97
Can the Strengths-Based Therapy Model Become Part of a Universal Approach to Therapy?	98
Summary	100
Strengths Engagement Exercises	100
Chapter 4: The Strengths-Based Therapy Model	105
Overview: For Everything, There Is a Time and a Season	105
A Theory of Strengths-Based Therapy Has Arrived	106
Basic Assumptions of Strengths-Based Therapy	107
Personality Development	108
A Person's Levels of Identity and Strengths	109
Role of the Client	111
Role of the Strengths-Based Therapist	112
Client Empowerment and Strengths-Based Therapy	113
The Strengths-Based Therapy Model: Overview	113
Treatment Issues in the Stages of Therapy	117
Stages of the Strengths-Based Therapy Model	118
Stage 1: Creating a Therapeutic Alliance	119
Stage 2: Strengths Discovery	121
Stage 3: Identifying Goals and Internal and External Barriers to Problems and Strengths	124
Stage 4: Eliciting Clients' Hopes and Dreams	128
Stage 5: Framing Solutions and Formulating a Treatment Plan	129
Stage 6: Building Strength and Competence	130
Stage 7: Building a Healthy New Identity and Healthy New Connections	131
Stage 8: Evaluating and Terminating	132
Therapy Techniques	133
Strength Journal	136
Wheel of Life Exercise	141
Case Analysis Using the SBT Model: Marissa	142
Summary	146
Strengths Engagement Exercises	146
Chapter 5: Strengths-Based Assessment	149
Strengths Assessment: Overview	149
Definition of Strengths-Based Assessment	150

What Is Deficit-Based Assessment?	151
Strengths-Based Frameworks	152
The Saleebey Framework	152
The Cowger, Anderson, and Snively Model for Assessing Strengths	154
The Strengths-Based Therapy Model's Assessment Process	156
Assess Client's Potential for Self-Harm and Risk to Others	162
Strengths-Based Instruments	162
The Strengths-Based Therapy Toolkit	167
Strengths-Based Therapy Assessment Protocol	171
Strengths-Based Treatment Plans	179
Case Analysis Using the SBT Model: Mario	181
Summary	185
Strengths Engagement Exercises	185
PART II. Strengths-Based Recovery	187
Chapter 6: Strengths-Based Therapy and Families	193
Overview	193
Background/Statistics	195
Challenges	199
SBT's Philosophy About Families	200
Categories of Family Strengths	201
The Strengths-Based Therapy Model Uses a Family Systems Approach	203
Role of the Strengths-Based Family Therapist	203
The Strengths-Based Therapy Model and Family Therapy	205
Strengths-Based Family Assessment	213
Strengths-Based Assessment Interview for Families	214
Clinical and Treatment Issues in Strengths-Based Family Therapy	220
Multicultural Issues in Strengths-Based Family Therapy	223
Case Analysis Using the SBT Model: McIntosh Family	225
Summary	229
Strengths Engagement Exercises	230
Chapter 7: Strengths-Based Therapy and Recovery in Mental Health	233
Overview	233
Background/Statistics	236
Challenges	237
SBT's Philosophy About Recovering From Mental Illness	238
The Strengths-Based Therapy Model	240
The Strengths-Based Therapy Model's Nine Components of Mental Recovery	241

Role of the Strengths-Based Recovery Therapist	241
Assessment	254
Assessment of Recovery: Can We Measure a Person's Recovery?	257
Clinical and Treatment Issues in Recovery	259
Multicultural Issues in Strengths-Based Recovery	260
Case Analysis Using the SBT Model: Eve	260
Summary	265
Strengths Engagement Exercises	266
Chapter 8: Strengths-Based Therapy, Addiction, and a Harm-Reduction Approach <i>Written by Travis Smith</i>	270
Overview	270
Background/Statistics	272
Definition of Addiction	273
Recovery Challenges for Individuals Facing Addiction	274
Treatment Approaches to Alcohol and Drug Addiction	276
Strengths-Based Therapy and the Harm-Reduction Approach to Drug Addiction	278
Role of the Strengths-Based Therapist	280
Stages of the Strengths-Based Therapy Model and Addiction Treatment	280
Client's Harm Definition	282
Clinical and Treatment Issues in Strengths-Based Therapy for Addiction	289
Understanding Triggers	289
The Strengths-Based Treatment Plan for Addiction	292
Recovery Indicators	294
Relapse-Prevention Plan	296
Multicultural Issues in Strengths-Based Harm-Reduction Treatment	298
Case Analysis Using the SBT Model: Patrick	298
Summary	302
Strengths Engagement Exercises	303
Chapter 9: Strengths-Based School Counseling With At-Risk Youth	305
Overview	305
Background/Statistics	306
Challenges for American Youth in Mental Health	308
SBT's Philosophy About School Counseling	310
Strengths-Based Consultant Model	312
Role of the Strengths-Based School Counselor	313
Strengths-Based Educational Philosophy: Learning Is Relational	313
Strengths-Based Assessment for Students	314
Developing a Strengths-Based Treatment Plan for Schools	316

Strengths-Based Approach to Prevention of School Failure	317
Multicultural Issues and Strengths-Based School Counseling	321
Clinical and Treatment Issues in Strengths-Based School Counseling	322
Case Analysis Using the SBT Model: Jessie	324
Summary	330
Strengths Engagement Exercises	330
Chapter 10: Strengths-Based Therapy and At-Risk or At-Promise Youth	336
Overview	336
Background/Statistics	337
Challenges	339
Understanding Clients' Risk and Protective Factors	341
A Comparison of Resilience- and Strengths-Based Approaches	346
The Strengths-Based Therapy Model	347
Applying the Strengths-Based Therapy Model to At-Risk Youth	347
Strengths, Risks, Protective Factors, and Resilience Treatment Plan	354
Clinical Interventions With Strengths-Based Therapy for At-Risk Youth	361
Multicultural Issues in Strengths-Based Therapy With At-Risk and High-Risk Youth	361
Case Analysis Using the SBT Model: Morris	363
Summary	367
Strengths Engagement Exercises	367
Chapter 11: Strengths-Based Therapy in Correctional Settings	372
Overview	372
Background/Statistics	374
Challenges	376
The Strengths-Based Therapy Model	378
Comparison of Strengths-Based and Deficit-Based Approaches to Juvenile Justice	381
Balanced and Restorative Justice and the Strengths-Based Therapy Model	381
Role of the Strengths-Based Therapist/Counselor/Service Provider in Juvenile Corrections	383
Stages of the Strengths-Based Therapy Model and Corrections	384
Strengths-Based Assessment in Correctional Settings	395
Clinical and Treatment Issues	396
Multicultural Issues	396
Applying the Strengths-Based Therapy Model	397
Case Analysis Using the SBT Model: Enrique	397
Summary	400
Strengths Engagement Exercises	400

Chapter 12: Strengths-Based Therapy and Older Adults	403
Overview	403
Statistics/Background	404
Challenges	406
The Strengths-Based Therapy Model (SBT)	407
Role of the Strengths-Based Therapist and Older Adults	408
Stages of Strengths-Based Therapy and Older Adults	410
Twelve-Component Model of Strengths Assessment for Aging Well	414
Clinical Intervention and Treatment Issues	423
Case Analysis Using the SBT Model: Sarah	426
Multicultural Issues and Aging	431
Summary	433
Strengths Engagement Exercises	433
Index	438
About the Author	460