

## *THE SIX PRINCIPLES OF STRENGTHS-BASED, RECOVERY-ORIENTED PRACTICE*

1. THE *INITIAL FOCUS* IN THE HELPING RELATIONSHIP IS UPON THE PERSON'S STRENGTHS, DESIRES, INTERESTS, ASPIRATIONS, EXPERIENCE, ASCRIBED MEANING, TALENTS, KNOWLEDGE, RESILIANCY, NOT ON THEIR DEFICITS, WEAKNESSES, OR PROBLEMS/NEEDS AS PERCEIVED BY ANOTHER.
2. EACH PERSON IS RESPONSIBLE FOR HIS/HER OWN RECOVERY...THE PARTICIPANT IS THE DIRECTOR OF THE HELPING EFFORTS...WE SERVE AS CARING COMMUNITY LIVING CONSULTANTS, THE HEALING PROCESS TAKES PLACE ON MANY LEVELS.
3. ALL HUMAN BEINGS HAVE THE INHERENT CAPACITY TO LEARN, GROW, AND TRANSFORM. THE HUMAN SPIRIT IS INCREDIBLY RESILIENT. PEOPLE HAVE THE RIGHT TO TRY, TO SUCCEED, AND TO EXPERIENCE THE LEARNING WHICH ACCOMPANIES FALLING SHORT OF A GOAL.
4. THE HELPING RELATIONSHIP *BECOMES* ONE OF COLLABORATION, MUTUALITY, AND PARTNERSHIP. POWER WITH ANOTHER, NOT POWER OVER ANOTHER.
5. WORKING WITH PEOPLE IN NATURAL SETTINGS IN THE COMMUNITY IS THE PREFERRED VENUE FOR HELPING.
6. THE ENTIRE COMMUNITY IS VIEWED AS AN OASIS OF POTENTIAL RESOURCES NOT AS AN OBSTACLE. NATURALLY OCCURRING RESOURCES ARE CONSIDERED AS POSSIBILITY FIRST, BEFORE SEGREGATED FORMAL SOCIAL SERVICE OR MENTAL HEALTH PROGRAMS.

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