Recovery-orientated principles are seen as ‘ideal’ when working with people who experience significant mental health concerns. The strengths-based approach aligns itself with recovery-orientated practice by focusing on people’s abilities rather than their shortcomings or symptoms. Strengths approaches understand people beyond their diagnosis, offering a way to walk alongside people in their own journey of recovery. This collaboration approach enables people to re-connect with their own knowledge and pursue what matters to them.

This workshop will give participants an opportunity to explore strengths-based approaches to pathways of recovery and ensure client-directed recovery processes. The workshop explores various skills to scaffold and co-create client’s ‘insider’ knowledge pertaining to their mental health. Practice examples will be shared to demonstrate how to make client’s ‘insider’ knowledge visible during “assessment” and “intervention” processes. Participants can expect to ‘have-a-go’ at putting these skills into practice.

At the conclusion of this workshop participants will have:

- Explored conditions for client-directed recovery
- Identified obstacles to strengths-based approaches in the mental health field
- A comprehensive understanding of ‘insider’ knowledges
- Considered how to use “externalising” and “unpacking exceptions” to make visible clients ‘insider’ knowledge
- An opportunity to reflect on how these ideas relate to their own work context.

Meet the Presenter:
Katherine Reid is a social worker with almost 20 years’ experience including: working with women reclaiming their lives from domestic violence, families who have experienced state intervention, young women who have experienced sexual violence and/ or eating issues. For the last 12 years, she has worked in a child and youth mental health setting. She brings a commitment to contextualise problems and enjoys finding creative and collaborative ways of working to make client’s skills and knowledge more visible.

A light lunch, morning and afternoon tea will be provided. Please inform AASW NSW of any dietary requirements at the time of registration.