

Building Resilience through Solution Focused Engagement

**Delivering Strength Based Social Work
Practice**

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Aims & Objectives

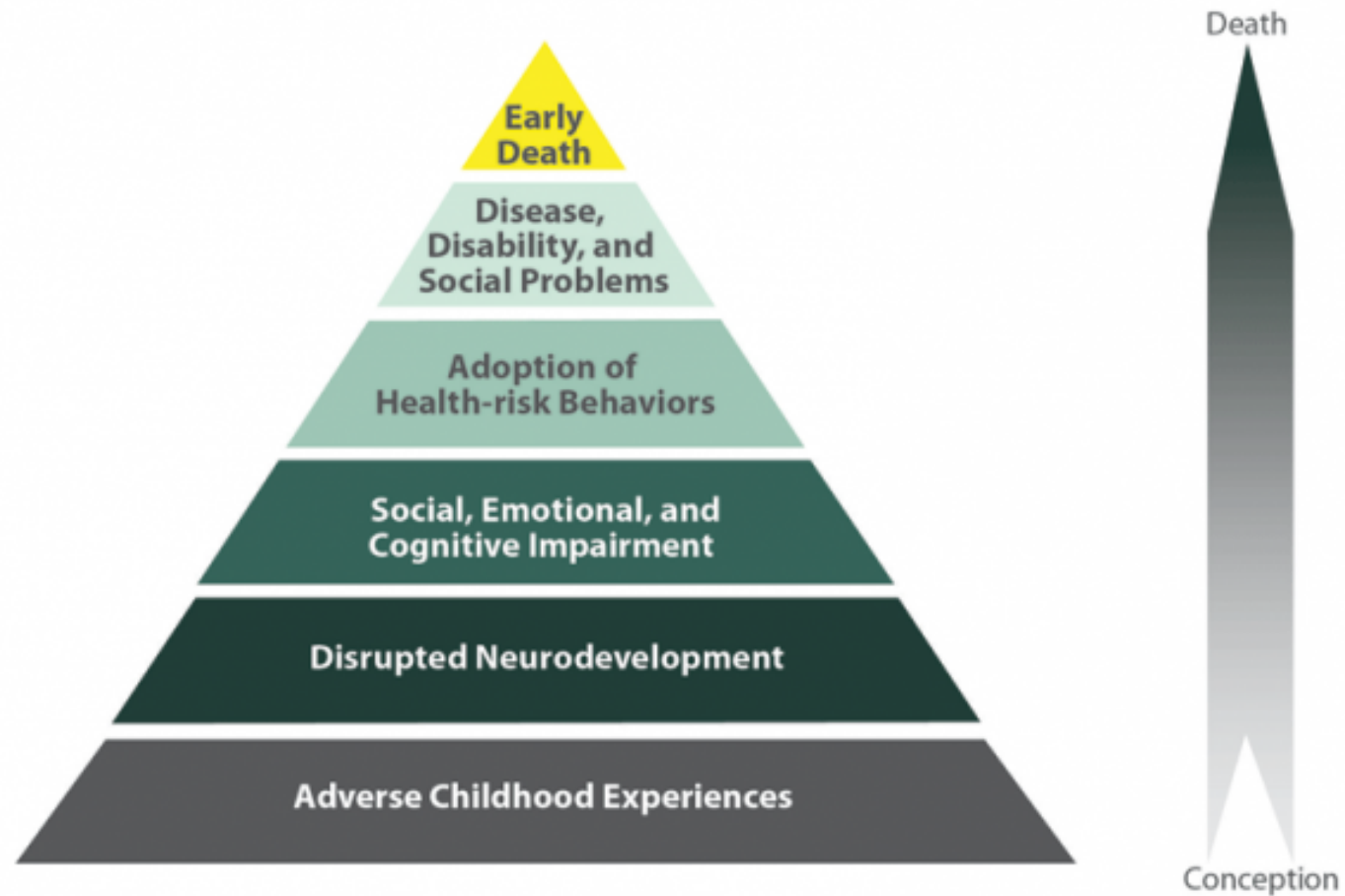
- **An understanding of resilience through adversity.**
- **The promotion of resilience through motivational interviewing skills and solution-based engagement.**
- **How to identify and mobilise strengths to achieve desired goals and visions.**
- **The promotion of environments and relationships conducive to individual self-actualisation.**

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Understanding adversity & resilience

- The term Adverse Childhood Experiences (ACEs) is used to describe a wide range of stressful or traumatic experiences that children can be exposed to whilst growing up.
- ACEs range from experiences that directly harm a child (such as suffering physical, verbal or sexual abuse, and physical or emotional neglect) to those that affect the environment in which a child grows up (including parental separation, domestic violence, mental illness, alcohol abuse, drug use or incarceration).

Adverse Childhood Experiences (ACE's)



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

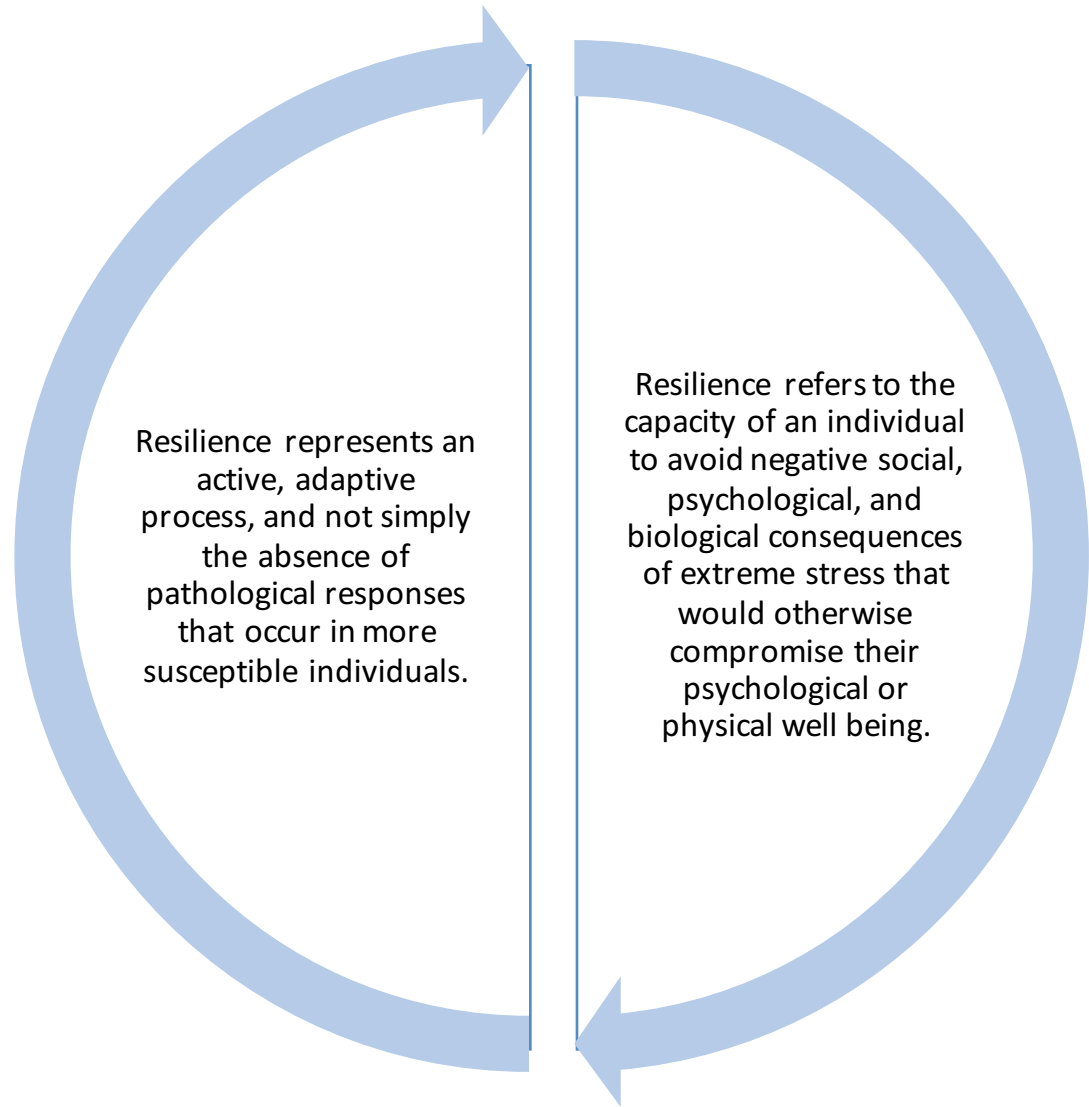


Impact of Trauma

- Hypervigilance
- Immune to Internal Cues
- Affective Dysregulation
- Attachment Difficulties
- Memory Disturbances



What is Resilience?

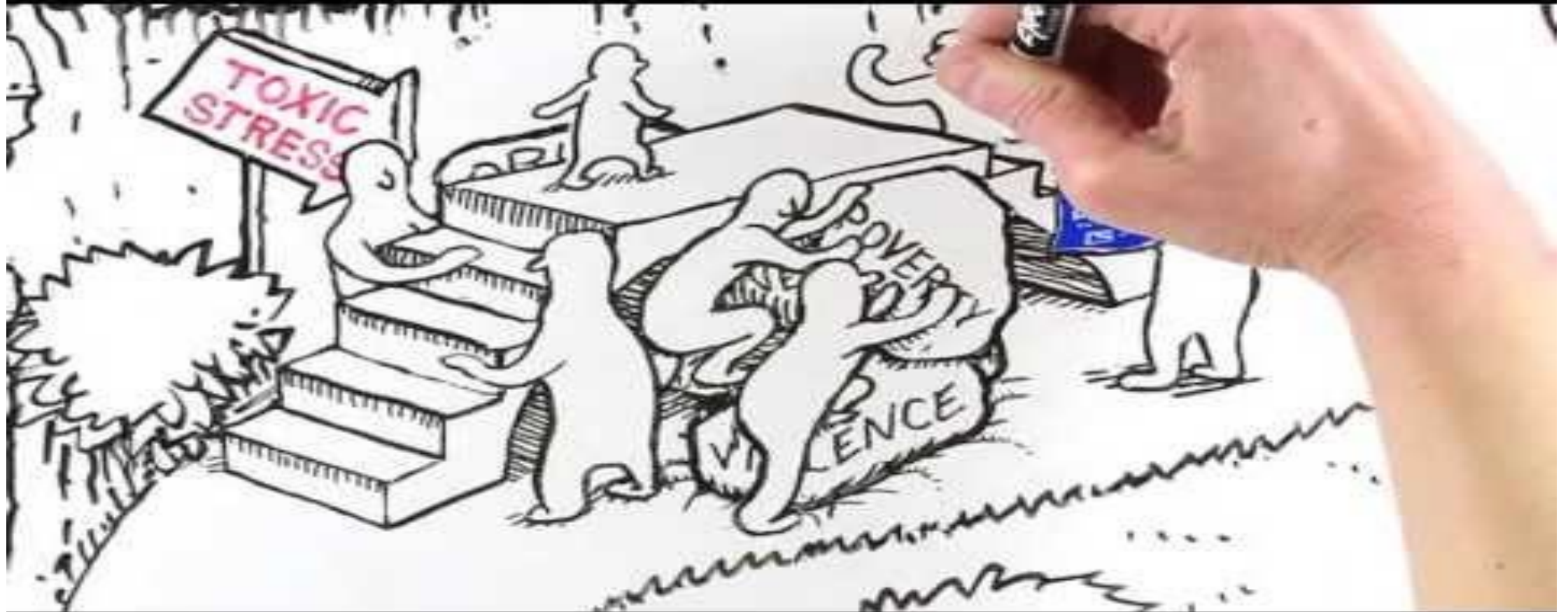


Resilience represents an active, adaptive process, and not simply the absence of pathological responses that occur in more susceptible individuals.

Resilience refers to the capacity of an individual to avoid negative social, psychological, and biological consequences of extreme stress that would otherwise compromise their psychological or physical well being.

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What are the traits of resilient people?



Focussing attention

Planning & Monitoring

Delayed gratification

Problem solving

Collaborative engagement

Executive functioning and self regulation

Developing
capacity in
adults to deal
with adversity

Solution Focussed Engagement

The scaling question – ‘on a scale of 1-10’

Look for previous solutions - and what made that possible? Are there times when the problem does not happen? When was this? What was different? How did you make that happen?”

The platform question: The platform question helps to see the client what is already there. Examples are: “What have you already achieved?”, “What is already there?”, and “What has helped to bring you to your current position?”

The preferred future question - “What does your preferred future look like?”, “How do you want your situation to become?”, “What would you like instead of the problem.

Solution Focussed Engagement

'Affirming questions' - An example may be: "What do your colleagues appreciate in how you work?"

The 'miracle question' The miracle question in fact is a special case of the desired situation question. It often leads to hope, energy and ideas for steps forward. EG: When you wake up the next morning, how are you going to start discovering that the miracle happened? ... What else are you going to notice?

Summarising in SU's own words: summarize what SU's have said while sticking to their choice of words (this is called language matching).

The 'what is better question' - You keep asking until the situation is described so concretely that is easy to see what happened, what was good about it and how the person has managed to accomplish it. Question is repeated often ("What else is better?"). Usually you don't just ask it 1, 2, or 3 times, but rather 6, 7, or 8 times

Plenary

GOING FORWARD