

Approach Comparison

Strengths-Based, Solution-Focused Approach

1. Identify what the client wants.
2. Let the client tell you who he or she is.
3. The client is the “expert” about his or her life.
4. Identify client strengths that can be used to promote client goals.
5. The professional collaborates with the client to help the client identify ways to accomplish goals.
6. The unfolding of the plan may not be step-by-step, but may emerge in ways best suited to client needs and style.

Approach Comparison (Cont'd)

Traditional Approach

1. Diagnose the problem.
2. Gather all available information in order to classify the client.
3. The professional is the expert.
4. Identify the web of causality that is supporting the client problem.
5. The professional develops a service plan that the client is expected to follow in order to achieve the case goals.
6. The plan is expected to be implemented in a logical, step-by-step way.