

# STRENGTH-BASED COLLECTIVE BRIEF



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## WHAT IS A STRENGTH-BASED APPROACH?

A strength-based approach is a way of looking at people that focuses on their strengths, abilities, and positive qualities rather than their weaknesses or limitations (Tanas, 2020; Seligman, 2011). It is based on the idea that individuals and communities are naturally resourceful and capable of achieving positive change, and that by building on their strengths they can overcome challenges and achieve their goals. In contrast to traditional approaches that focus on problems or deficits, a strength-based approach focuses on what is working well and looks for ways to build on existing strengths and abilities (Seligman, 2011). This approach recognizes that people have unique talents, skills, and strengths that can be developed and leveraged to achieve success (Johnson, 2017).

One of the key elements of a strength-based approach is the emphasis on identifying and building on individual strengths (Tanas, 2020). This involves helping individuals recognize their unique talents and abilities, and providing them with the support and resources needed to develop and use these strengths (Johnson, 2017). When individuals are provided opportunities to learn new skills, they can more readily identify and overcome barriers that may be preventing them from reaching their goals. A strength-based approach also emphasizes the importance of collaboration and partnerships (Seligman, 2011). This involves bringing individuals together to work toward common goals, and supporting one another in achieving success. It recognizes that people are stronger when they work together, and that by forming partnerships and collaborating, they can achieve more than they could on their own (Tanas, 2020).

Strength-based approaches also emphasize the importance of empowerment (Tanas, 2020; Seligman, 2011). Operating from a strength-based approach can allow individuals to take control of their own lives and make positive changes by using such knowledge, skills, and resources to make informed decisions and take action (Tanas, 2020; Seligman, 2011).

## REFERENCES

Johnson, S. (2017). *The power of positive psychology: How to build a thriving, resilient and resourceful life*. London, UK: Vermilion.

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York, NY: Free Press.

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