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A Strength Based Approach to Mental Health Interpreting

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**“We cannot solve our
problems with the same
thinking we used when
we created them.**

Albert Einstein

The Anatomy of a Problem

- Identification of the problem
- Ownership of the problem
- Define the problem
- Seek expert in this type of problem
- Reliance on the expert to solve problem
- Ownership of the solution



THE WOLF

"I solve problems."

What a Strength Based Approach is NOT

- Dismissing the idea that there is a problem
- Ignoring the impact or consequence of a problem to individual or community
- Oversimplifying the process of resolution
- “Sugar coating” problem behaviours
- Minimize the role of systemic factors in the creation and perpetuation of the issue

Solution Focused

- Scene from Joe Versus the Volcano
- <https://www.youtube.com/watch?v=LnLDMqPBeKQ>

Shifting Paradigms

Traditional Problem Solving Approach

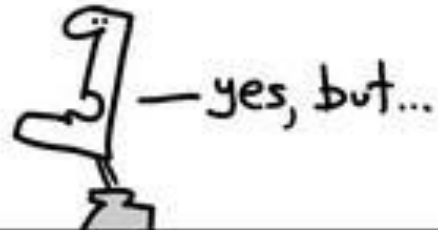
- Identifying what is wrong
- Analyzing the causes
- Deciding on goals to fix these causes
- Making plans that will achieve the goals
- Implementing the plan
- Evaluating whether or not the problem was resolved

A Strengths Based Approach to Problem Solving

- Focus on trusting and workable relationships
- Empowering people to take a lead in their own care process
- Working in collaborative ways on mutually agreed upon goals
- Drawing upon the personal resources of motivation and hope
- Creating sustainable change through learning and experiential growth

Resistance to Strengths Based Approach

GREAT IDEAS ALTER THE
POWER BALANCE IN RELATIONSHIPS.
THAT'S WHY GREAT IDEAS ARE
INITIALLY RESISTED.



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