

Strengths-Based Strategies to Promote Change

- Acknowledge and celebrate the courage, creativity, and determination to survive at all costs that has brought the client to this point
- Create an investment in a reconnection to the authentic self...i.e., the person he/she was born to be
- Understand that connection to others is required to establish and maintain safe recovery
- Encourage client to identify and build on survivor strengths and resilience for the healing and recovery process
- Create awareness that secrecy, silence and isolation are required to perpetuate all types of abuse
- Encourage an understanding of how enhanced feelings of fear, guilt and shame prevent possible exploration of alternate, safer coping choices
- Appreciate the pervasiveness of the internal split whether it consists of victim/ survivor, substance abuser/ recovering person, disease/ recovery...substance use disorders and other self-injurious behaviors attach to the victim; recovery and healing attach to the survivor
- Intervene on self-destructive and unsafe lifestyle patterns
- Take advantage of opportunities to educate and encourage changes in thinking, attitudes and behaviors
- Stress that the responsibility for safe healing and recovery is the survivor's
- Utilize creativity to offer alternatives and encourage thoughtful and safe choice-making
- Understand recovery, healing and the meaningful change necessary to promote and protect this process happen in the here and now
- Offer tools to support and continue the recovery and healing process