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**INTEGRATING THE PRINCIPLES OF
THE STRENGTHS PERSPECTIVE
WITH THE PRINCIPLES OF
TRAUMA INFORMED CARE**

As we continue to develop our knowledge and skills in an effort to promote health, wellness, and recovery, it is important to view our interventions as being guided and directed by perspectives, theories, and approaches that capture cumulative wisdom.

**THE PURPOSE OF THIS PRESENTATION
IS TO ILLUSTRATE THE COMPATIBILITY
AND INTERSECTION OF THE
PRINCIPLES OF STRENGTHS-BASED,
PERSON CENTERED PRACTICE WITH
THE EMERGING RECOGNITION OF THE
PRINCIPLES OF TRAUMA INFORMED
CARE**

FIVE OUTCOMES OF THIS PRESENTATION

- 1. AFFIRMATION/VALIDATION**
- 2. GENTLY CHALLENGE AND ENCOURAGE CRITICAL THINKING IN ALL ASPECTS OF POLICY AND PRACTICE**
- 3. COLLECTIVELY GATHER AND SHARE INFORMATION**
- 4. SHARE CREATIVE AND INNOVATIVE IDEAS THAT PROMOTE THE IN THE DEVELOPMENT OF INDIVIDUALIZED PLANS FOR WELLNESS AND RECOVERY**
- 5. CO-CREATE AN ATMOSPHERE OF CELEBRATION, JOY, GRATITUDE, AND HUMOR**

THE CONCEPT OF TRAUMA:

“INDIVIDUAL TRAUMA RESULTS FROM AN EVENT, OR SET OF CIRCUMSTANCES, THAT IS EXPERIENCED BY A PERSON A PHYSICALLY OR EMOTIONALLY HARMFUL OR LIFE TREATENING AND THAT HAS LASTING ADVERSE EFFECTS ON THE INDIVIDUAL’S FUNCTIONING AND MENTAL, PHYSICAL,SOCIAL, EMOTIONAL AND/OR SPIRITUAL WELL BEING.

(SAMHSA, 2014)

**THE NEED TO ADDRESS TRAUMA IS
INCREASINGLY VIEWED AS AN
IMPORTANT COMPONENT OF
EFFECTIVE BEHAVIORAL HEALTH
INTERVENTIONS, WHICH ARE
COMPREHENSIVE, MULTI-
DIMENSIONAL, AND CUT ACROSS
DIAGNOSES**

(Poem, Who is not Recovering?)

INTERSECTION OF PRINCIPLES

TRAUMA INFORMED PRINCIPLE:

SAFETY

THE PHYSICAL SETTING IS SAFE AND

INTERPERSONAL INTERACTIONS

PROMOTE A SENSE OF SAFETY.

UNDERSTANDING SAFETY *AS DEFINED*

***BY THOSE SERVED* IS A HIGH PRIORITY**

STRENGTHS MODEL PRINCIPLE

**THE INITIAL FOCUS IN THE HELPING
RELATIONSHIP IS UPON THE
PERSON'S STRENGTHS, DESIRES,
INTERESTS ASPIRATIONS,
EXPERIENCE, ACCOMPLISHMENTS,
ASCRIBED MEANING, TALENTS,
KNOWLEDGE, RESILIANCY: NOT UPON
THEIR DEFICITS, WEAKNESSES, OR
PROBLEMS/NEEDS AS PERCEIVED BY
ANOTHER**

TRAUMA INFORMED PRINCIPLE
TRUSTWORTHINESS AND
TRANSPARENCY:

ORGANIZATIONAL OPERATIONS, POLICIES AND DECISIONS ARE CONDUCTED WITH TRANSPARENCY WITH THE GOAL OF BUILDING TRUST AMONG AND BETWEEN ALL STAKEHOLDERS WHO PLAY A ROLE IN DEVELOPING AND EVALUATING BOTH PROCESS AND OUTCOMES OF INTERVENTIONS.

**STRENGTHS MODEL PRINCIPLE
THE HELPING RELATIONSHIP
BECOMES ONE OF
COLLABORATION, MUTUALITY
AND PARTNERSHIP: POWER WITH
ANOTHER...NOT POWER OVER
ANOTHER...POWER SHARING,
RECIPROCITY, BLENDING OF
AGENDAS.**

TRAUMA INFORMED PRINCIPLE:

PEER SUPPORT

**MUTUAL SELF-HELP ARE KEY
VEHICLES FOR ESTABLISHING
SAFETY AND HOPE AND UTILIZING
STORIES AND LIVED EXPERIENCE
TO PROMOTE HEALING AND
RECOVERY**

STRENGTHS MODEL PRINCIPLE
THE ENTIRE COMMUNITY IS VIEWED AS
AN OASIS OF POTENTIAL RESOURCES,
NOT AS AN OBSTACLE...NATURALLY
OCCURRING, SUSTAINABLE RESOURCES
ARE CONSIDERED AS A POSSIBILITY
FIRST, BEFORE SEGREGATED FORMAL
SOCIAL SERVICE OR MENTAL HEALTH
PROGRAMS.

**TRAUMA INFORMED PRINCIPLE
*EMPOWERMENT, VOICE AND
CHOICE***

***THE PRIMACY OF A BELIEF IN
RESILIANCY, AND THE CAPACITY
OF PEOPLE, ORGANIZATIONS AND
COMMUNITIES TO HEAL AND TO
SUSTAIN RECOVERY***

STRENGTHS MODEL PRINCIPLE
ALL HUMAN BEINGS HAVE THE
INHERENT CAPACITY TO LEARN,
GROW AND TRANSFORM. THE
HUMAN SPIRIT IS INCREDIBLY
RESILIENT. PEOPLE HAVE THE RIGHT
TO TRY, TO SUCCEED, AND TO
EXPERIENCE THE LEARNING WHICH
ACCOMPANIES FALLING SHORT OF A
DESIRED GOAL.

**TRAUMA INFORMED PRINCIPLE
CULTURAL, HISTORICAL AND GENDER
ISSUES.**

***LEVERAGES THE HEALING POWER OF
AND VALUE OF TRADITIONAL CULTURAL
CONNECTIONS. INCORPORATES POLICIES,
PROCEDURES AND PROCESSES THAT ARE
RESPONSIVE TO THE CULTURAL DESIRES
AND NEEDS OF ALL PEOPLE, AND
RECOGNIZES AND ADDRESSES
HISTORICAL TRAUMA***

STRENGTHS MODEL PRINCIPLE
EACH PERSON IS RESPONSIBLE FOR
THEIR OWN RECOVERY AND PLANS
HONOR THE DIVERSITY AND
DIFFERENCE OF EACH INDIVIDUAL
WITHIN THE CONTEXT OF AN
INTERDEPENDENT WORLD. WE SERVE
AS CARING COMMUNITY LIVING
CONSULTANTS, THE HEALING PROCESS
TAKES PLACE ON MANY LEVELS.

**SEVEN PRIMARY HELPING
FUNCTIONS IN THE STRENGTHS
MODEL AS A VEHICLE TO
PROMOTE TRAUMA INFORMED
CARE**

ENGAGEMENT

**THE INITIAL HELPING CONTACT
WHERE THE PRIMARY PURPOSE IS
TO LAY THE GROUNDWORK FOR A
SAFE, COMFORTABLE, CARING,
MUTUALLY ENRICHING
RELATIONSHIP.**

GRADUATED DISENGAGEMENT
IDENTIFYING POSSIBLE NATURAL
SUPPORTS EARLY ON IN THE
HELPING PROCESS IN AN EFFORT
TO PROMOTE INCLUSION,
COMMUNITY INVOLVEMENT, AND
THE DEVELOPMENT OF NATURAL
SUPPORTS.

DEVELOPMENT OF THE PERSON-CENTERED STRENGTHS ASSESSMENT
PROMOTES SAFETY, FOCUS ON PARTICIPANTS OWN DESIRES, WANTS, ASPIRATIONS IN INTERRELATED LIFE DOMAINS... PROVIDES STRUCTURE TO ENSURE PROCEEDING AT EACH PERSON'S UNIQUE PACE.

COLLABORATIVE PLANNING
TAKING PART IN A CREATIVE
DISCUSSION IDENTIFYING SHORT
TERM NEEDS IN RELATION TO THE
PERSON'S MOTIVATIONAL
GOALS...ASSURES MAXIMUM
PARTICIPATION IN THE
COLLECTIVE DEVELOPMENT OF
THE TREATMENT/INTERVENTION.

***IMPLEMENTATION THROUGH
ADVOCACY AND LINKAGE
ELEVATES POLICY PRACTICE AS
IMPORTANT ASPECT OF EFFECTIVE
TRAUMA INFORMED CARE.***

MONITORING/EVALUATION
TAKES PLACE AT EVERY HELPING
MEETING...EVIDENCE THAT SHORT
TERM GOALS RELATING TO WELLNESS
AND RECOVERY ARE BEING
ACHIEVED. PROVIDES BENCHMARK
TO ASSESS COMFORT LEVEL WITH
THE PLAN AND MODIFICATIONS TAKE
PLACE AS THE PROCESS UNFOLDS.

***SUPPORTIVE COUNSELING, DELIVERY
OF EVIDENCE INFORMED
INTERVENIONS***

**FOCUS ON HERE AND NOW WITH
ATTENTION TO ADDRESSING HISTORY
AND FUTURE ASPIRATIONS AS
IMPORTANT FACTORS INFLUENCING
ATTAINMENT OF SHORT TERM
GOALS.**

If You Really Want to Help Me

- **If you really want to help me, take it slow, feel my words, and understand the world I know...be there for me in the bad times, and the good...help me do the things I dream of, not what you think I should.**
- **And if you really want to help me, show you care...in your eyes, I'll see if you're really there, take the time to discover what sets me apart, know me with your head, and with your heart.**
- **For the road I've travelled has been rough...and I struggle in my mind each passing day...and I pray, my strength will be enough... to keep me, going on my way.**
- **And if you really want to help me, take my hand, walk with me as I find joy within the strife...seek less, to explain than to understand, and know that you will truly touch my life.**
- **C1993 Walter Kisthardt, Ph.D., MSW in "You Validate My Visions."**