

Paths to Purposeful Living

strengths based caring in mental health

CarersNSW Statewide Conference
12th June 2009
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The Medical Model

I hurt my leg (problem).
Go to doctor.
Tells me its broken (diagnosis).
I agree with diagnosis.
Cast is put on (treatment).
Leg mends (end of problem).

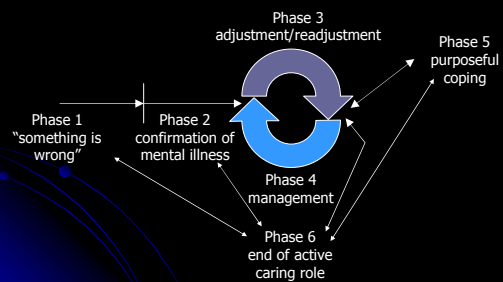
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Medical Model applied to carers

My partner is yelling at voices,
I am scared (problem).
We go to the doctor.
Tells me its psychosis (diagnosis).
I agree but partner doesn't.
Medication is provided (treatment).
Partner takes medication...
But partner soon stops taking medication
and I am still scared (no cure).

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CARER LIFE COURSE FRAMEWORK



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What is "Purposeful Living"?

- Meaning
- Hope
- Proactive
- Goal/vision

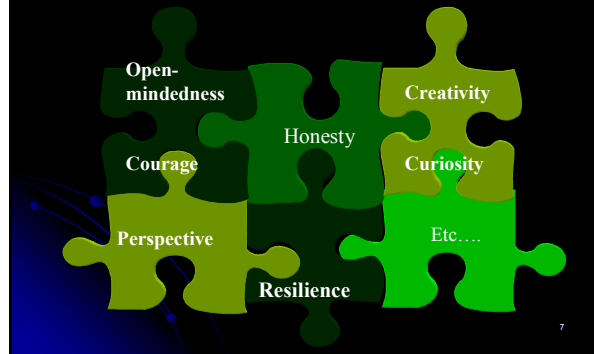
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What are "Strengths"?

- Assets
- Tools
- Knowledge

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What are some strengths?



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Drawing out strengths

Those interested in promoting human potential need to start with different assumptions and pose different questions from those posed by the medical model.

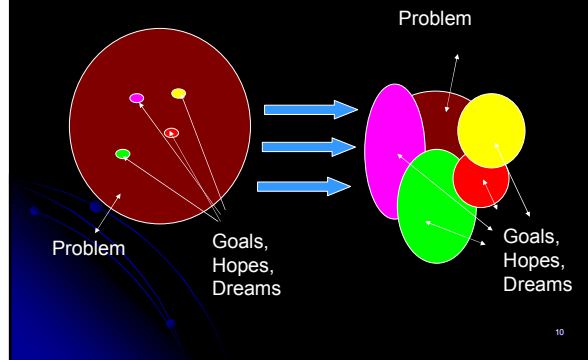
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Questions that get to strengths

- Coping questions
- Exception questions
- Discovery questions
- Membership questions
- GOALS questions

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Effect of incorporating strength perspective



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Over to You

- **For further information;**
 - **Carer Lifecourse Framework**
 - **Amador, X (year) *I am not sick I do not need help* London: Penguin Press**
 - **<http://www.brieftherapysydney.com.au/index.html>**
 - **<http://www.socwel.ku.edu/Strengths/about.shtml>**
 - **Hersen & Biaggio (2000) *Effective Brief Therapies: A Clinician's Guide*. New York: Academic Press**
 - **Sharry, J (2004) *Counselling Children, Adolescents and Families*. London: Sage**

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