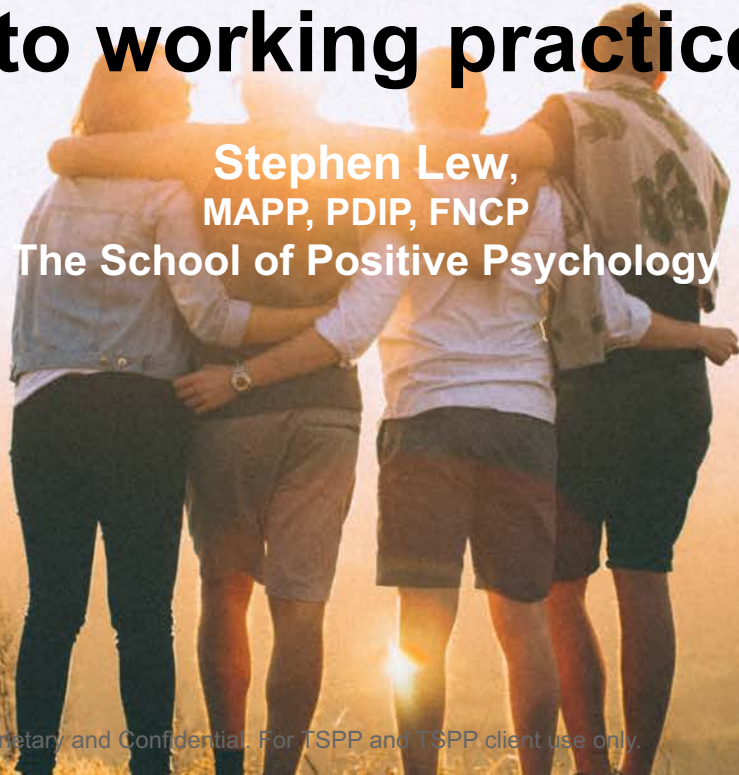


Integrating recovery practices with positive psychology interventions into working practice

Stephen Lew,
MAPP, PDIP, FNCP
The School of Positive Psychology



An introduction



World Health
Organization



The School of
**Positive
Psychology**

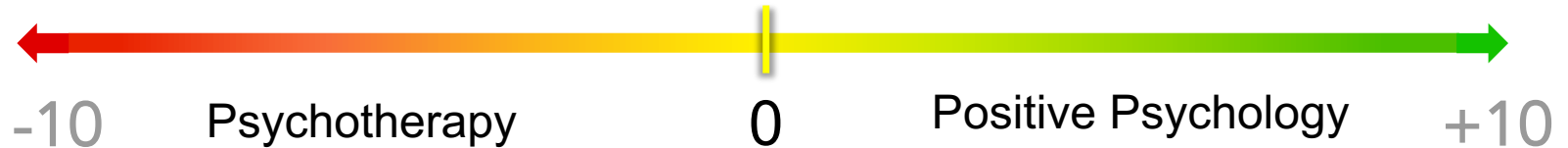
Objectives

1. Repackaging integrated clinical therapy to promote **wellbeing** instead of treating illness
2. Incorporating **strengths-based practices** to alleviate distress and influence post-traumatic growth
3. Utilising strengths-based dialogues to empower clients' autonomy in constructing a personal plan of **resilience**

MENTAL HEALTH CONTINUUM

ILLBEING

WELLBEING



Positive Psychotherapies

Strengths Coaching in Wellbeing (Govindji & Linley, 2007)

Strengths-Based Cognitive Behavioural Therapy (Padesky & Mooney, 2012)

Strengths Oriented Family Therapy (Smith & Hall, 2008)

Positive Psychology Agenda in Hypnotherapy (Guse, 2012)

Positive Psychotherapy (Rashid & Seligman, 2018)

Strengths in Psychotherapy and Counselling
(Flückiger, Wampold, Zinbarg, & Wüsten, 2010)



How can strength-based therapies help?

Change the narrative by re-telling personal history of traumas

From Victim to Survivor

From Weakness to Survival skills and Strengths

Strength-based Perspectives

- 1. Seeking for therapy help can be seen as a form of courage**
- 2. Sustaining therapy can be seen as form of perseverance and persistent**
- 3. Practising interventions can be seen as a form of resilience**

Recall a time when you...

Overcame a difficult period

Challenged yourself and went
out of your 'comfort zone'

(Reivich & Shatte, 2002)



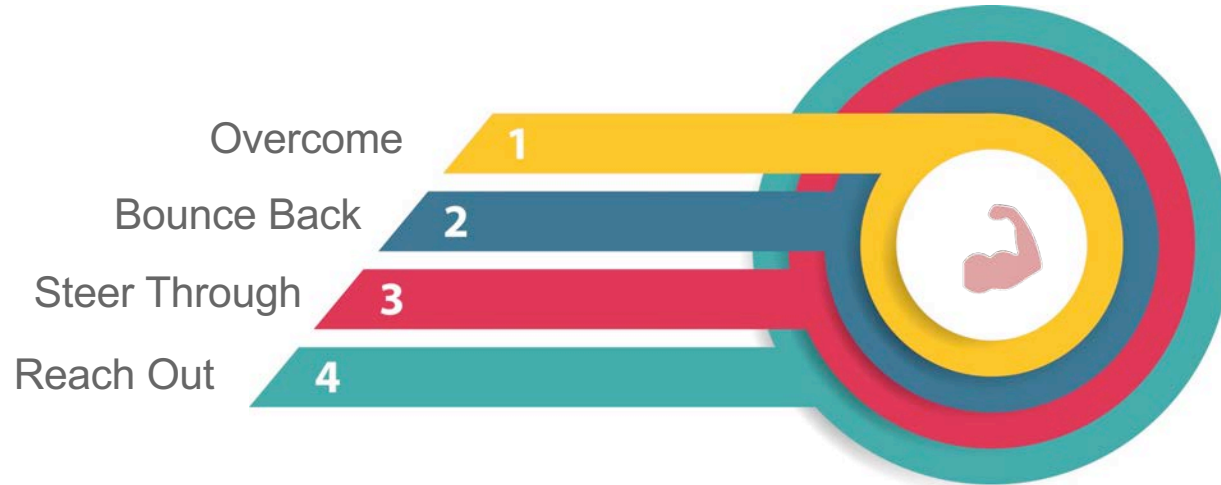
Resilience

The ability to adapt well
to adversity and bounce
back from difficult
experiences

[APA.org](https://www.apa.org)



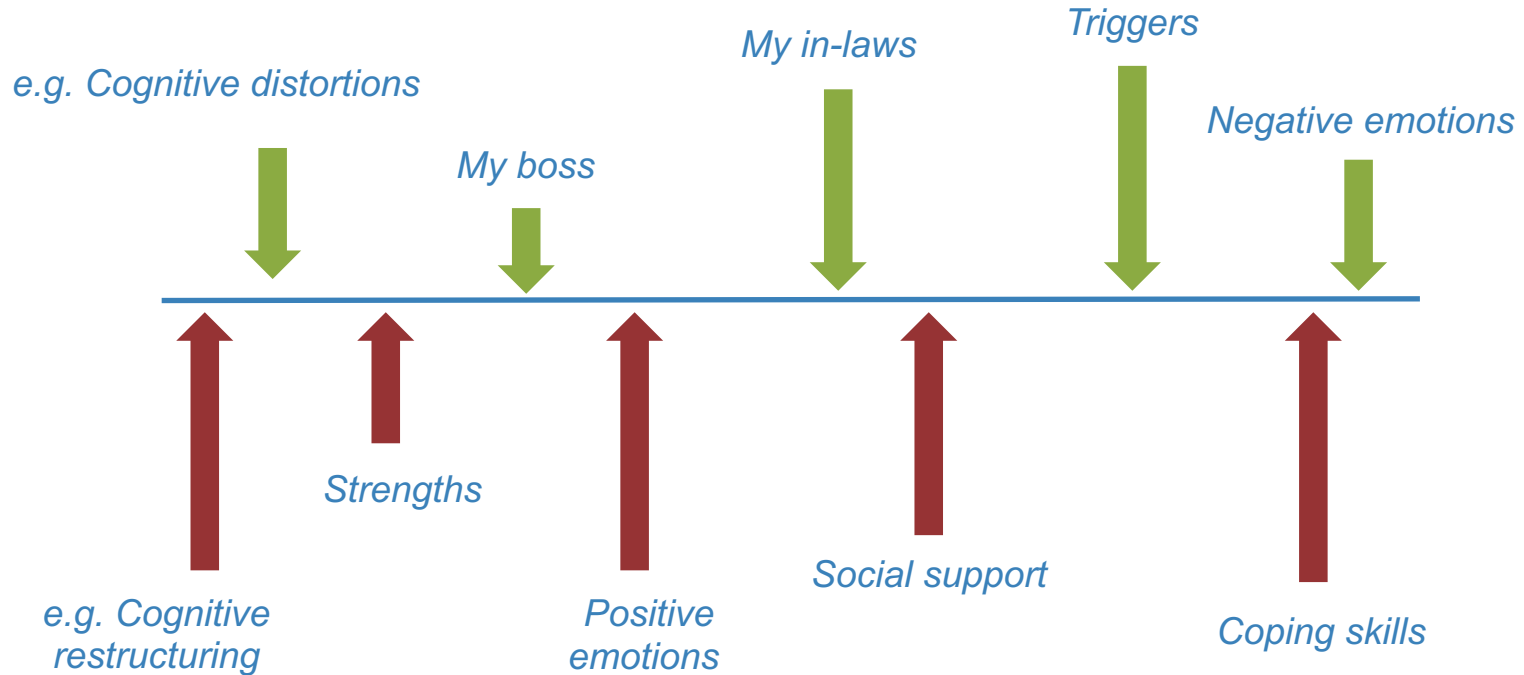
The “4 essential” Uses of Resilience



(Reivich & Shatte, 2002)

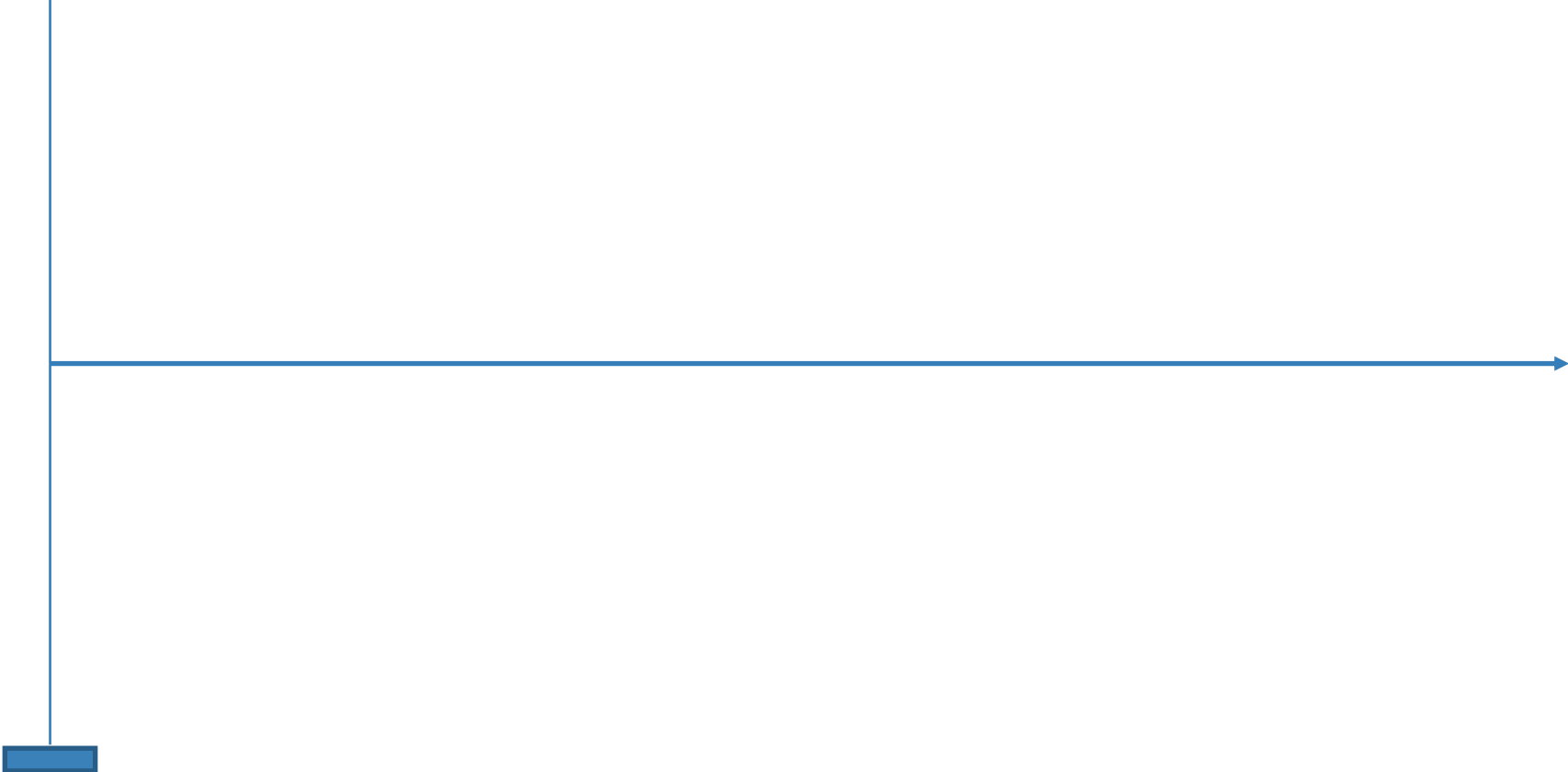
Building Resilience Factors

1. Which factors reduce our client's resilience?



2. Which factors boost our client's resilience?

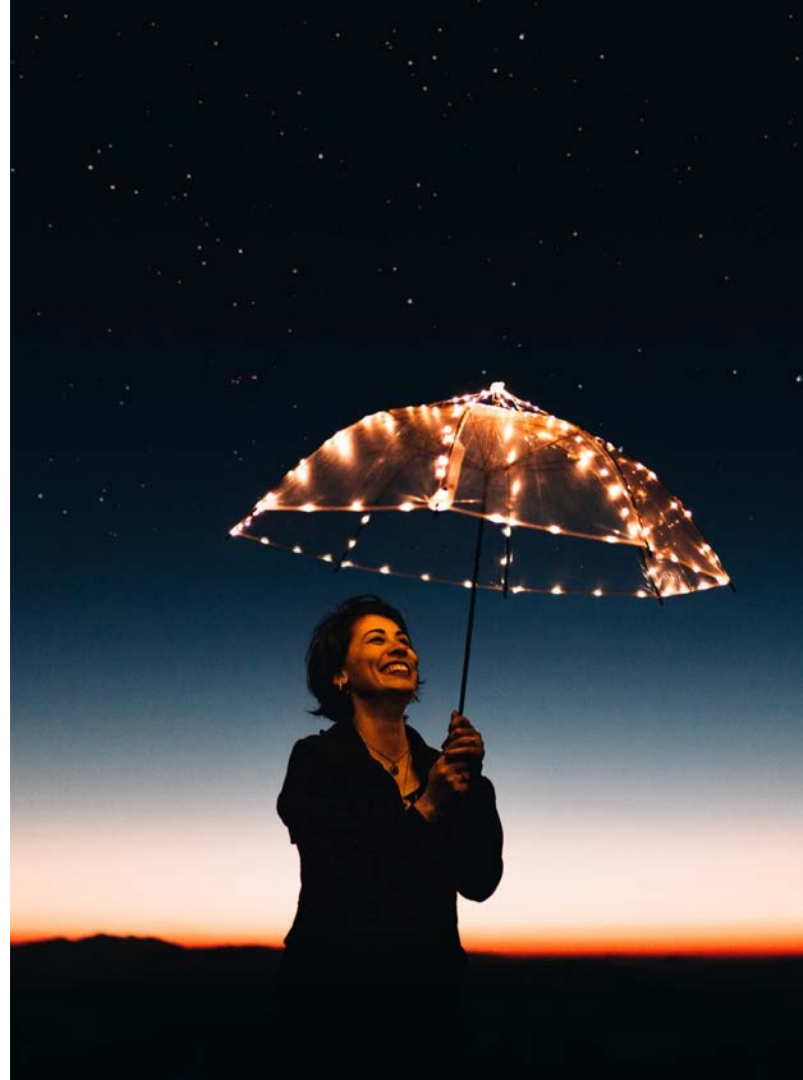
Resilience Timeline



BUILDING RESILIENCE with STRENGTHS

1. Strengths-Based Approach

**2. Resilience and
Post-traumatic growth**

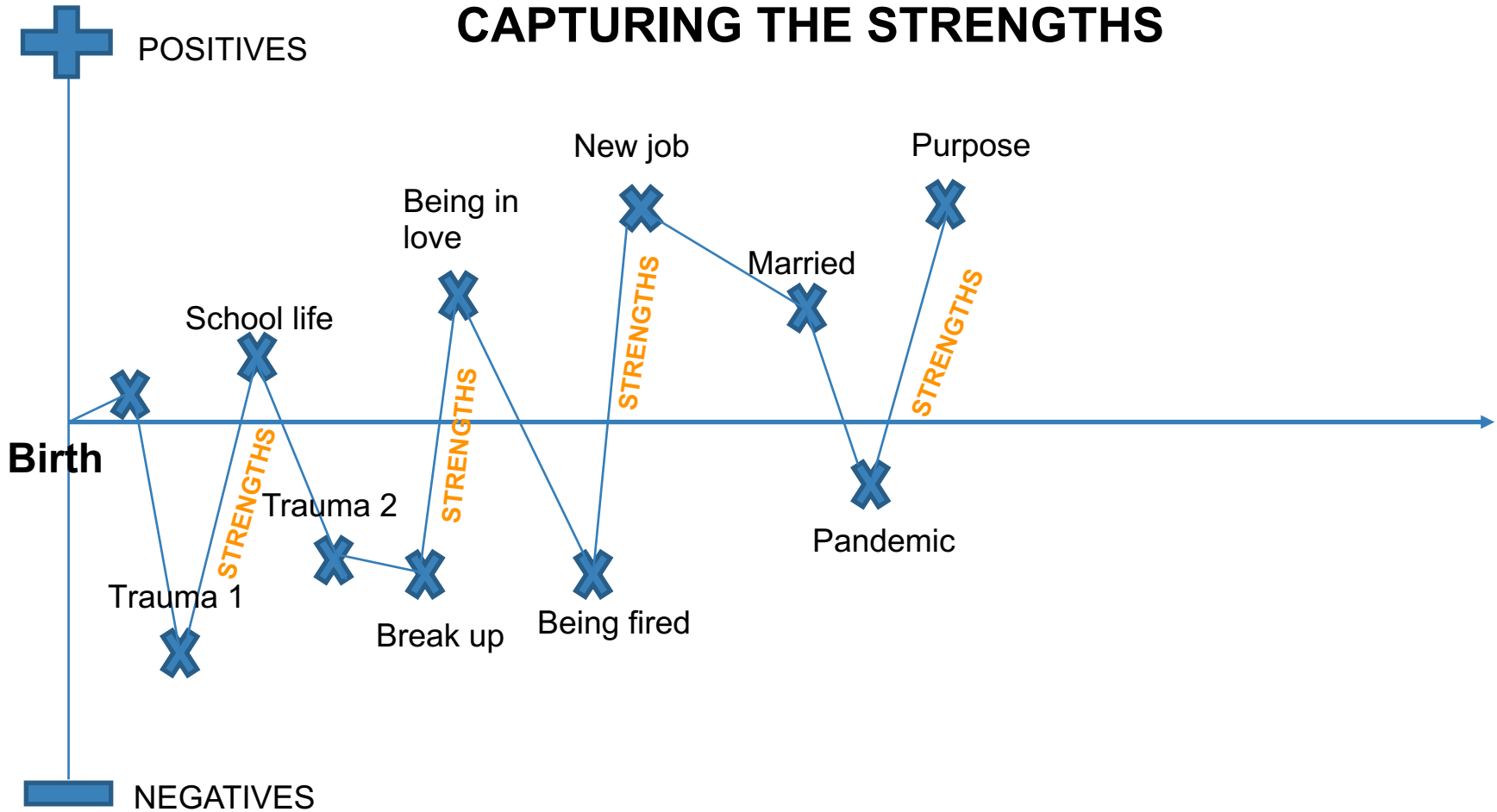


Benefits of Strengths

- Encourages insight and perspective
 - Generates optimism
- Provides a sense of direction
 - Builds efficacy
- Generates a sense of vitality



CAPTURING THE STRENGTHS



HOW THERAPISTS USE CLIENT STRENGTHS IN THERAPY

CONCEPTUALISATION PROCESS

Discovering Strengths

- a) Asking questions about client strengths
- b) Strengths revealed
- c) Strengths embedded in client deficits
- d) Being able to understand meaning and expression of strengths within client's cultural context

(Gelso and Woodhouse, 2003)



What are skills?

- Learned behaviour
 - Expertise
- Does not feel energizing
 - Not a lot of pleasure

What are strengths?

“Strengths are patterns of thinking, feeling, or behaving that, when exercised, will engage, and energize you, and allow you to perform at your optimal level.” (Wilars & Biswas- diener, 2020)

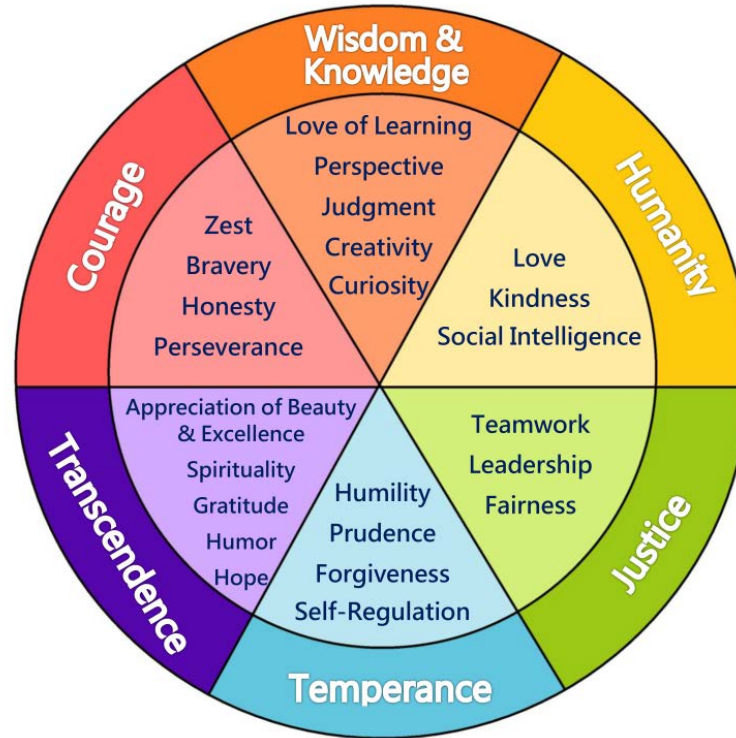


VIA CHARACTER STRENGTHS AND VIRTUES

					
wisdom	courage	humanity	transcendence	justice	moderation
<i>//creativity</i> <i>//curiosity</i> <i>//judgement</i> <i>//love of learning</i> <i>//perspective</i>	<i>//bravery</i> <i>//persistence</i> <i>//honesty</i> <i>//zest</i>	<i>//love</i> <i>//kindness</i> <i>//social intelligence</i>	<i>//appreciation of beauty</i> <i>//gratitude</i> <i>//hope</i> <i>//humour</i> <i>//spirituality</i>	<i>//teamwork</i> <i>//fairness</i> <i>//leadership</i>	<i>//forgiveness</i> <i>//modesty</i> <i>//prudence</i> <i>//self-control</i>

reference: <https://positivepsychology.com/classification-character-strengths-virtues/>

ASSESS SYMPTOMS VS ASSESS STRENGTHS



STRENGTHS-BASED APPROACH



STRENGTHS AWARENESS

Discovering ways to integrate strengths in existing activities and tasks



STRENGTHS USE

Developing a wide repertoire of ways a strength can be used



STRENGTHS APPLICATION

Develop clear strategies how a strength can be used in different contexts and with different Life and work situations



Creativity



Curiosity



Judgment



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation of
Beauty and Excellence**



Prudence



Hope



Humor

Spot Your Strengths

Your Best: What are you doing when you are at your best?

Ease: What do you find easy?

What are you naturally good at?

Energy: When do you feel at your most alive?

What energises you?

Authenticity: What makes you you?

Motivation: What do you do just for the love of it?



Help clients to discover their strengths

**Think of someone you most
admire?**

**Think of your favourite
story/movie?**

What are this person's greatest strengths? Do you share any of these strengths?

What strengths or positive qualities have others shared about you? When do you think they noticed these strengths?



Non-verbal signs

- Energy
- Improved posture
- Good eye contact
- Eyes 'light up'
- Smiling/laughing
- Hand gesture
- Relaxed
- Confident



Verbal Signs

- Increased clarity in speech
- Quicker speech
- More direct and to the point
- Strong voice
- Larger vocabulary
- Speaking to several related points in the story
- Phrases such as: “I love it”, “It felt right”

The Resilience Bank



**Think ahead of a
challenging
situation that your
client can practice
resilience **BY**
ENGAGING THEIR
STRENGTHS**



THANK YOU!

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Podcast:
Getting NAKED with Happiness
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