

client's inspiration to have better life originates from the emphasis on their qualities. Furthermore, at long last, all conditions contain assets that assistance clients build up their qualities. For professionals, these distinctions in phrasing can regularly prompt disarray and misjudging. Undoubtedly, regardless of whether individuals comprehend the approach, it doesn't imply that they will fundamentally feel upbeat or positive about applying it practically speaking. Rapp, Saleebey and Sullivan (2008) offer six models for judging what constitutes a strengths-based approach. Experts may jump at the chance to utilise the accompanying rundown to think about their own training. The models include:

**1.Goal introduction:** Strengths-based practice is objective arranged. The focal and most pivotal component of any approach is simply the degree to which individuals set objectives they might want to accomplish in their lives.

**2.Strengths evaluation:** The essential spotlight isn't on issues or deficiencies, and the individual is bolstered to perceive the natural assets they have available to them which they can use to check any trouble or condition.

**3.Resources from the earth:** Strengths defenders trust that in each condition there are people, affiliations, gatherings, and organisations who have a comment, that others may discover helpful, and that it might be the expert's part to empower connects to these assets.

**4.Explicit techniques are utilized for recognizing customer and ecological qualities for objective fulfillment:** These strategies will be diverse for every one of the qualities based methodologies. For instance, in arrangement centered treatment customers will be helped to set objectives previously the ID of qualities, while in qualities based case administration, people will experience a particular 'qualities evaluation'.

- View an issue in its unique situation: as an obstruction to accomplishing, customer decided objectives.

- Payless regard for issues.

- Use regular dialect when discussing issues; this makes them not so much baffling but rather more sensible. Issues are genuine, life measured difficulties that accompany being human and living in human groups.

"The strengths point of view is tied down in the conviction that an issue does not constitute the greater part of a man's life" (Saleebey, 2002, p. 103). The genuine test originates from creating helpful approaches to meet, utilise, or rise above the issue.

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**Page 10 of 12**