

Strength-Based Practice Values: Saleeby

1. Despite life's struggles, all persons possess strengths that one can marshal to improve the quality of their lives.
2. We can increase client motivation by placing a consistent emphasis on client-defined strengths.
3. Discovering strengths requires cooperative exploration between clients and helpers.
4. Focusing on strengths turns practitioners toward discovering how clients managed to survive vs. judging or blaming.
5. All environments – even the most bleak – contain resources.

(Dennis Saleeby, 1997)