Chapter 7 Story-telling theories: Strengths-based, narrative and solution-focused approaches

Useful websites and resources

[Dulwich Centre](http://www.dulwichcentre.com.au/)

The Dulwich Centre is an Australian not-for-profit organisation with expertise in narrative approaches to individual and community work. The centre also collaborates with the University of Melbourne to deliver a Master of Narrative Therapy and Community Work program. The website is intended as a gateway to information about narrative therapy and collective narrative practice. Free articles, books, journals and videos are available, along with online training courses and certification modules for practitioners.

[Institute for Solution-Focused Therapy](https://solutionfocused.net/)

The Institute for Solution-Focused Therapy is a training institute focusing on Solution-Focused Brief Therapy (SFBT). SFBT is an evidence-based, short-term therapeutic approach that enables the client to construct solutions and focus on the possibility for behavioural change, rather than the problems at hand. Multimedia resources demonstrate how SFBT is applied in diverse practice contexts such as domestic and family violence, mental health, aged care and culturally and linguistically diverse communities. Self-paced training courses are also available for purchase.

Online readings

[Strengths-based approach: Practice framework and practice handbook – Social Care Institute for Excellence (SCIE)](https://www.scie.org.uk/strengths-based-approaches/practice-framework-handbook)

The Strengths-based Practice Framework and Practice Handbook is a UK guide to strengths-based social work with individuals, families, and communities. It outlines what the strengths-based approach is, provides examples of strengths-based interventions and relevant legislative contexts, and discusses the enablers and challenges to implementation. Links are provided to further useful articles and resources.

Multimedia links

[Aboriginal narrative therapy: Yarning with a purpose – Carolynanha Johnson [YouTube]](https://www.youtube.com/watch?v=G1pTwH1eGbc)

Carolynanha Johnson is an Adnyamathanha woman from the Northern Flinders Ranges in South Australia. In this presentation, Carolynanha shares her practice experiences as a Quitline counsellor trained in narrative therapy. Carolynanha discusses a holistic service that uses the narrative approach and yarning tools to support Aboriginal people to quit smoking.

[Social work and narrative therapy in the drug and alcohol space – The Social Work Stories Podcast](https://socialworkstories.com/episodes/ep-68-social-work-and-narrative-therapy-in-the-drug-and-alcohol-space)

In this episode of the Social Work Stories Podcast Julaine Allan, a social work academic and researcher, shares her extensive experiences in the drug and alcohol sector. Julaine demonstrates how narrative therapy and a narrative approach is incorporated into assessment and intervention in this space to destigmatise drug and alcohol use and facilitate behavioural change.

[Strengths-based approach – California Prevention Training Center (CAPTC) [YouTube]](https://www.youtube.com/watch?v=0FYP2eAdk3o)

In this short video, Deborah Wyatt-O'Neal, a training specialist at the CAPTC, introduces a strengths-based approach to HIV prevention and care services. Deborah discusses how a strengths-based approach differs from the traditional deficit-based model of care, and the outcomes of strengths-based practice for the client and the broader community.