



Building Your Strengths as a Recreational Therapist

The hibiscus is bold and beautiful. It is highly therapeutic in many forms, but it requires care to grow well.

Overview

1. Assess your strengths-based practices
2. Strategies to build your strengths
3. “My Letter from the Future”
4. Application of your strengths-based practice
5. Discussion and questions



Be the change you want to see
in the world. ~ *Mohandas Gandhi*

Assess your strengths-based practices!

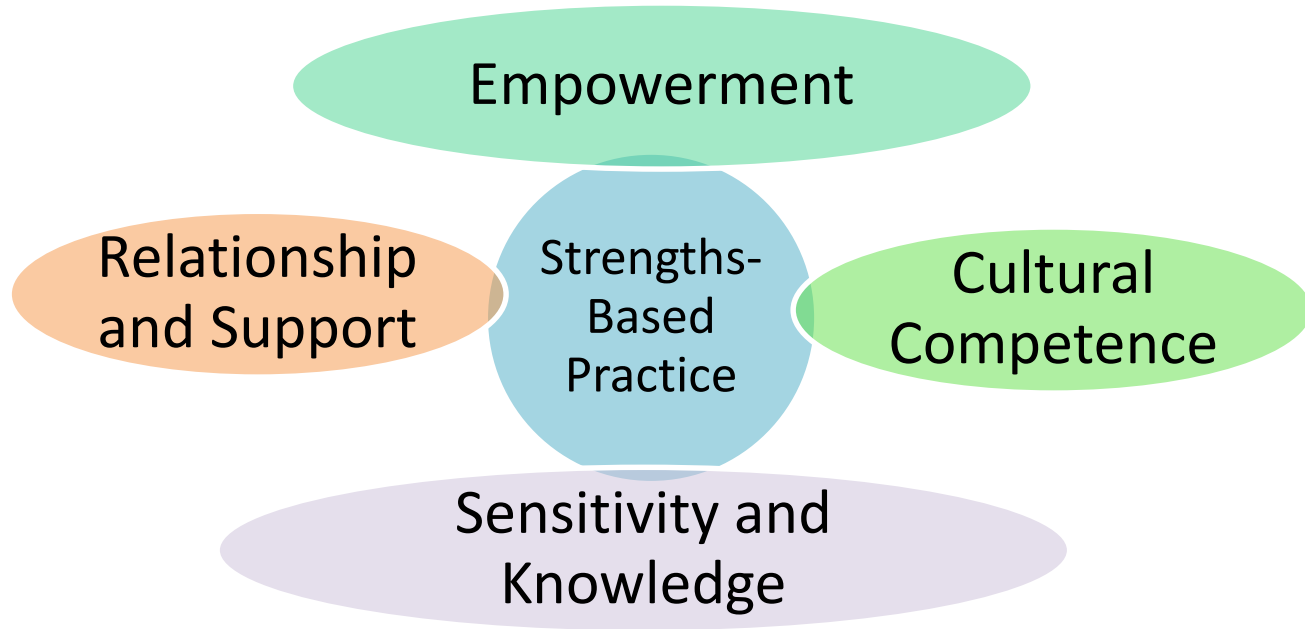


Self-Assessment of Learning

ASSESS YOUR STRENGTHS-BASED PRACTICES

Green, McAllister, and Tarte (2004) developed the Strengths-Based Practice Inventory to help us assess our ability to implement the strengths approach in our services and programs with participants. Here are items adapted from the inventory that you can use to measure how well you are doing in putting the strengths-based approach into practice. Rate yourself from Strongly Agree (4) to Strongly Disagree (1). The higher your score, the more you are implementing the strengths approach (total possible points equals 64 points).

Empowerment Approach	Strongly Agree (4)	Agree (3)	Disagree (2)	Strongly Disagree (1)
1. I help participants see strengths in themselves they didn't know they had.				
2. I help participants use their own skills and resources to reach goals.				
3. I work together with participants to help them meet their needs.				
4. I help participants see they are good at things.				
5. I encourage participants to think about their own goals or dreams.				
Cultural Competence				
6. I encourage participants to learn about their own culture and history.				
7. I respect participants' cultural and/or religious beliefs.				
8. I have materials for participants that positively reflect their cultural background.				
Sensitivity and Knowledge				
9. I know about other programs participants can use if they need them.				
10. I give participants good information about where to go for services they need.				
11. I understand when something is difficult for participants.				
12. I support participants in the decisions they make about themselves.				
Relationships and Support				
13. I encourage participants to share their knowledge with others.				
14. I provide opportunities for participants to get to know others in the community.				
15. I encourage participants to go to friends and family for help and support.				
16. I encourage participants to get involved in their community.				



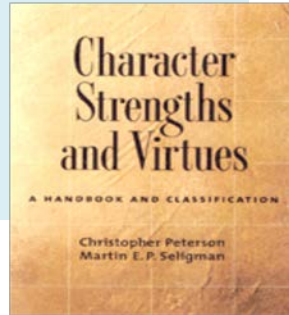
Strategies to Build Your Strengths



Anderson & Heyne 2018

Strategy #1

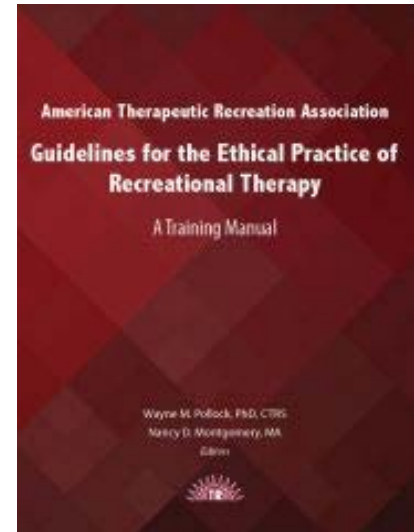
Know and use
your strengths
and virtues in
practice



1. Wisdom (Head Strengths)	2. Courage (Heart Strengths)	3. Humanity (Strength of Others)
<ul style="list-style-type: none">• Curiosity• Love of learning• Judgment• Ingenuity/creativity• Perspective	<ul style="list-style-type: none">• Valor• Perseverance• Integrity• Zest/vitality	<ul style="list-style-type: none">• Kindness• Loving• Social intelligence
4. Justice (Community Strengths)	5. Temperance (Strength of Self)	6. Transcendence (Strengths of Spirit)
<ul style="list-style-type: none">• Citizenship• Fairness• Leadership	<ul style="list-style-type: none">• Self-control• Prudence• Humility• Forgiveness	<ul style="list-style-type: none">• Appreciation of beauty• Gratitude• Hope• Spirituality• Humor

Strategy #2

Know and use
professional
ethics



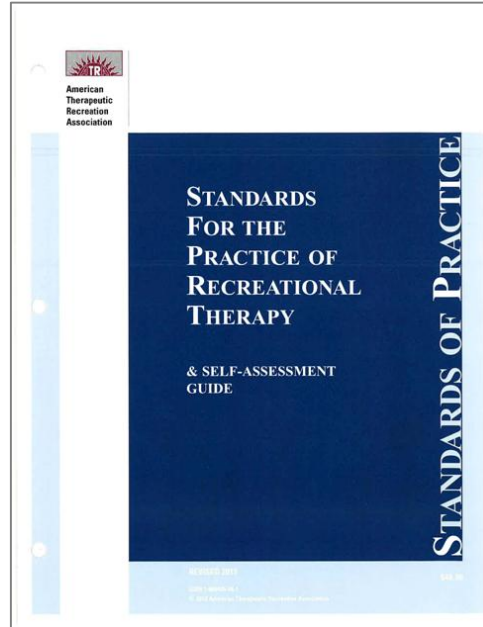
Strategy #3

Know and use the
body of
knowledge



Strategy #4

Know and use
standards of
practice



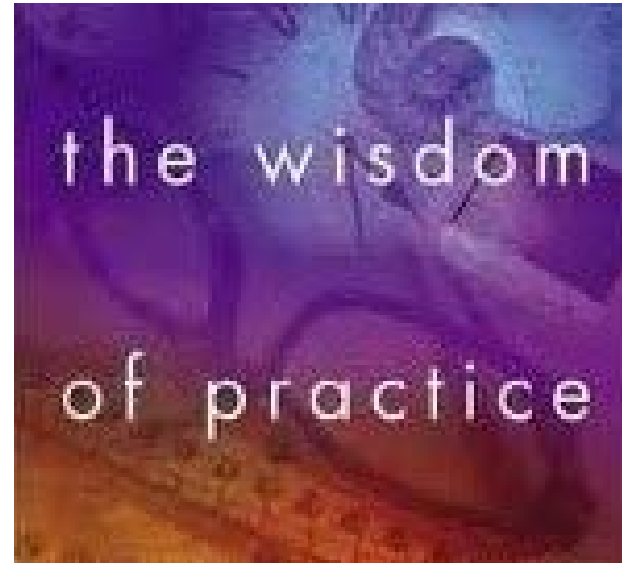
Strategy #5

Assure your
competence to
others



Strategy #6

Continue to
grow as a
professional




Strategy #7

Network and develop
professional support
systems





My letter from the future



Worksheet 16.13

My Letter from the Future



Write a letter to yourself that describes **you** as a therapeutic recreation specialist 5 years from now. Ask yourself: What would be my best possible future as a therapeutic recreation specialist? What does my future look like? What am I doing? What philosophy do I use in my practice? What other dreams do I have about being a therapeutic recreation professional?

Date: _____

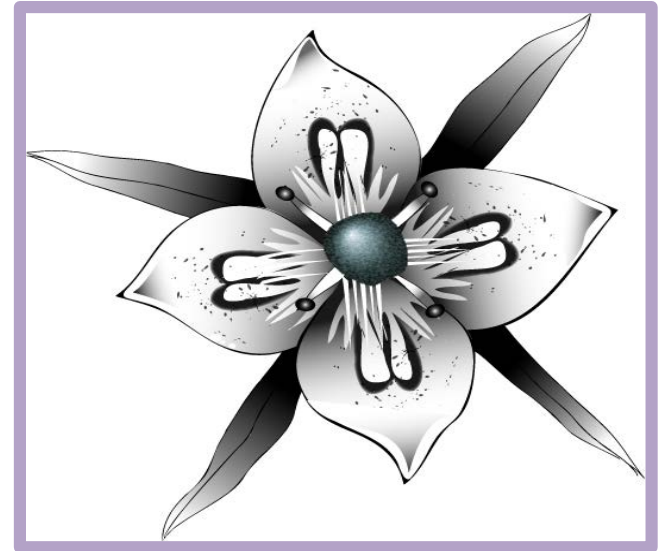
Dear (your name),



Application of your strengths-based practice

1. What are the most valuable things you learned about the strengths approach today?
2. How can you apply them to your practice?

*Please share your answers
at your table*



Discussion and Questions



Final Thoughts

“One evening an old Cherokee told his granddaughter about a battle that goes on inside people.

“He said, ‘My child, the battle is between two wolves inside us all. One is Negativity. It’s anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate. The other is Positivity. It’s joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and, above all, love.’

“She thought about it for a minute and then asked her grandfather: ‘Which wolf wins?’ The old Cherokee simply replied, ‘The one you feed.’”





Strengths-Based Therapeutic Recreation Resources List

- Anderson, L., & Heyne, L. (2016). Flourishing through leisure and the upward spiral theory of lifestyle change. *Therapeutic Recreation Journal*, 50(2), 118-137.
- Anderson, L., & Heyne, L. (2012). *Therapeutic recreation practice: A strengths approach*. State College, PA: Venture Publishing, Inc.
- Anderson, L., & Heyne, L. (2012). Flourishing through Leisure: An Ecological Extension to the Leisure and Well-Being Model in therapeutic recreation strengths-based practice. *Therapeutic Recreation Journal*, 46(2), 129-152.
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- Nussbaum, M. (2007). *Frontiers of justice: Disability, nationality, species membership*. Boston: Harvard University Press.
- Peterson, C., & Seligman, M. (2004). *Character strengths and virtues: A handbook and classification*. American Psychological Association.

- Rapp, C., & Goscha, R. (2006). *The strengths model: Case management with people with psychiatric disabilities*. New York: Oxford University Press.
- Ratey, J. (2008). *Spark: The revolutionary new science of exercise and the brain*. New York: Little, Brown and Company.
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- Search Institute. (2013). *What kids need: Building blocks for children and youth*. Minneapolis, MN: Author. Retrieved from <http://www.search-institute.org/developmental-assets>
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- World Health Organization. (2004). *Joint position paper – Community-based rehabilitation: A strategy for rehabilitation, equalization of opportunities, poverty reduction, and social inclusion of people with disabilities*. Geneva, Switzerland: World Health Organization.

Internet Resources:

- Authentic Happiness, University of Pennsylvania: www.authentichappiness.sas.upenn.edu
- Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School: umassmed.edu/cfm/
- Gratitude Revealed: <http://gratituderevealed.com/>
- Greater Good Science Center: <http://greatergood.berkeley.edu/>
- National Center for Complementary and Integrative Health: <https://nccih.nih.gov/>
- Positive Emotions and Psychophysiology Laboratory: <http://www.unc.edu/peplab/home.html>
- Positive Psychology Center: <http://www.positivepsychology.org/>
- VIA Institute on Character: www.viacharacter.org

Video Resources:

- Aimee Mullins, My 12 Pair of Legs: http://www.ted.com/talks/aimee_mullins_prosthetic_aesthetics
- Aimee Mullins, The Opportunity of Adversity: http://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity
- Bene Brown, The Power of Vulnerability: http://www.ted.com/talks/brene_brown_on_vulnerability
- Flame, the Band: <http://www.flametheband.com/>
- Hilary Lister, Dream Trust: <http://www.hilarylister.com/A96C9/Home.aspx>