

# research in practice



## Strengths-based working

Strengths-based working focuses on people's strengths, including their knowledge, skills and capabilities. By working in this way it is possible to enable and empower individuals.

This selection of learning resources about strengths-based working can be used to support evidence-informed practice with children, young people and families.

### Read

Longer read: [Growing community capacity: Strategic Briefing \(2021\)](#)

Short read: [Children's social care: The way forward \(2022\)](#)

Longer read: [Promoting resilience in children, young people and families: Frontline Briefing \(2014\)](#)

Longer read: [Working effectively with men in child and family social care: Frontline Briefing \(2024\)](#)

Longer read: [Using narrative practice in direct work with children, families, and adults: Frontline Briefing \(2024\)](#)

### Tools

[Using genograms in practice: Practice Tool \(2024\)](#)

[Using strengths-based video-feedback techniques to build parent-child attunement: Practice Tool \(2020\)](#)

[Positive mental health and wellbeing in children and young people: Suggestions for practice \(2019\)](#)

[Completing social work chronologies: Practice Tool \(2022\)](#)

[Appreciative Inquiry: Practice Tool \(2025\)](#)

### Listen

1 hour: [Magic dust and more: Reflections with Love Barrow Families: Podcast \(2021\)](#)

30 minutes: [Working with men in Leeds: Journey Project: Podcast \(2023\)](#)

### Watch

20 minutes: [Using strengths-based video-feedback techniques to build parent-child attunement: Video \(2020\)](#)

5 minutes: [Dialogic practice: Garavan's six steps: Video \(2023\)](#)

### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [strengths-based working](#) topic page.