

Relationship Based Strengths Approaches for Professionals Working with Youth

Sponsored by the **Ministry of Children and Youth Services**, Youth Justice Services Division
Presented by Stephen de Groot, MSW, BSW

A relationship based strengths approach (RBSA) is intended to cultivate and enhance strengths, resiliencies, and potential in youth. This two-day workshop will expose Youth Justice and Child Welfare Professionals to various tools and strategies that can be effective in motivating and empowering youth to adopt a more pro-social lifestyle.

Unlike traditional approaches that focus on problems, deficits and an over-reliance on theory, RBSA takes the perspective that youth have strengths to effectively cope with an overcome many of their challenges.

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Participants Will:

Learn the foundational values of a Relationship Based Strengths Approach

Recognize the importance of relationships (with others and self) based on safety, trust, and understanding as a foundations for positive change and growth

Learn to engage in active and tangible interventions that recognize and build on strengths by helping, healing and empowering youth

Develop skills in communication methods for building on discovered strengths and enhancing relationships

Learn how to understand, recognize and respond to opposition in a manner that decreases and even eliminates resistances

Explore approaches that cultivate and enhance self-worth, resiliencies and potential to help youth reach their goals

About the Presenter



Stephen de Groot is a clinical and organizational expert and is the author of the Relationship Based Strengths Approach to Social Work Helping. Steve specializes in the development and implementation of strengths based interventions at all levels of social services systems from planning to direct service delivery and front-line practice. He has instructed in both the BSW and MSW programs with the faculty of Social Work at the University of Manitoba for 7 years.

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