

## QC24 Working with Strengths in Recovery

This one day course is based on the strengths model of recovery and aligned with Queensland Health recovery focused strategic goals and standards.

By identifying an individual's strengths the treating team and client can together develop a holistic care plan that sets achievable recovery goals.

The training will use a blended approach, beginning with an **eLearning** component that introduces the strengths model, followed by a full day face-to-face workshop that includes activities, interactive discussions and simulation activities. The simulation training will provide an opportunity for participants to practice applying the model's philosophy, methodology and tools.

Applicable to both Queensland Health and Non-Government sector, the course focuses on recovery and continuing care in both clinical and community settings.

**Note:** *The eLearning component must be completed prior enrolling to attending the face-to-face workshop - to access register at [www.qcmhl.qld.edu.au](http://www.qcmhl.qld.edu.au).*

**Pre-requisite:** *Completion of QC23 Forming the Therapeutic Alliance is highly desirable.*



### Continuing professional development information:

7 hours of active learning (eLearning and face-to-face workshop combined time).

Completion of this program attracts continuing professional development hours/points. Check with your professional association for specific allocations.

## Learning outcomes

On completion of the course participants will be able to:

- use person centred interpersonal skills that support a strengths based practitioner/consumer working relationship
- identify a consumers strengths and how these strengths can be used to support a meaningful life as determined by the consumer
- use Strengths Assessment to assist the consumer to identify their strengths and then their goals
- assist the consumer to break down their goals into measurable and achievable short term goals and plan tasks and activities using the Recovery Plan.

Aligned to *A national framework for recovery-oriented mental health services 2013*.



### Testimonial:

*“This training was delivered by highly experienced facilitators. I previously used to focus on risk assessment, however will now be focusing on risk combined with the strengths assessment. I have also learned to give consumers an opportunity to identify exactly what they want when working with them.”*

Registered Nurse

For more **information** about this course, to view the **training calendar**, or to **enrol** in training, visit us at:

- [www.qcmhl.qld.edu.au](http://www.qcmhl.qld.edu.au)
- email: [qcmhltraining@health.qld.gov.au](mailto:qcmhltraining@health.qld.gov.au)
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