



# Advancing Social Work in Mental Health Through Strengths Based Practice

*Abraham P. Francis*

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This (Second Edition) book is about 'strengths-based practice' in social work. Strengths based practice refers to the identification of 'strengths' within an individual, family, or community, which are then employed to aid in promoting self-fulfilment and healing in a client. Strengths-based practice is a deliberate shift away from language and practices based on a client's deficits or pathology--- a widespread approach that has dominated many fields within social science for some time--- to one that focuses on the client's strengths. This premise is not a new idea as it has existed in the writings and practice of many of the great philosophical leaders and social work practitioners.



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