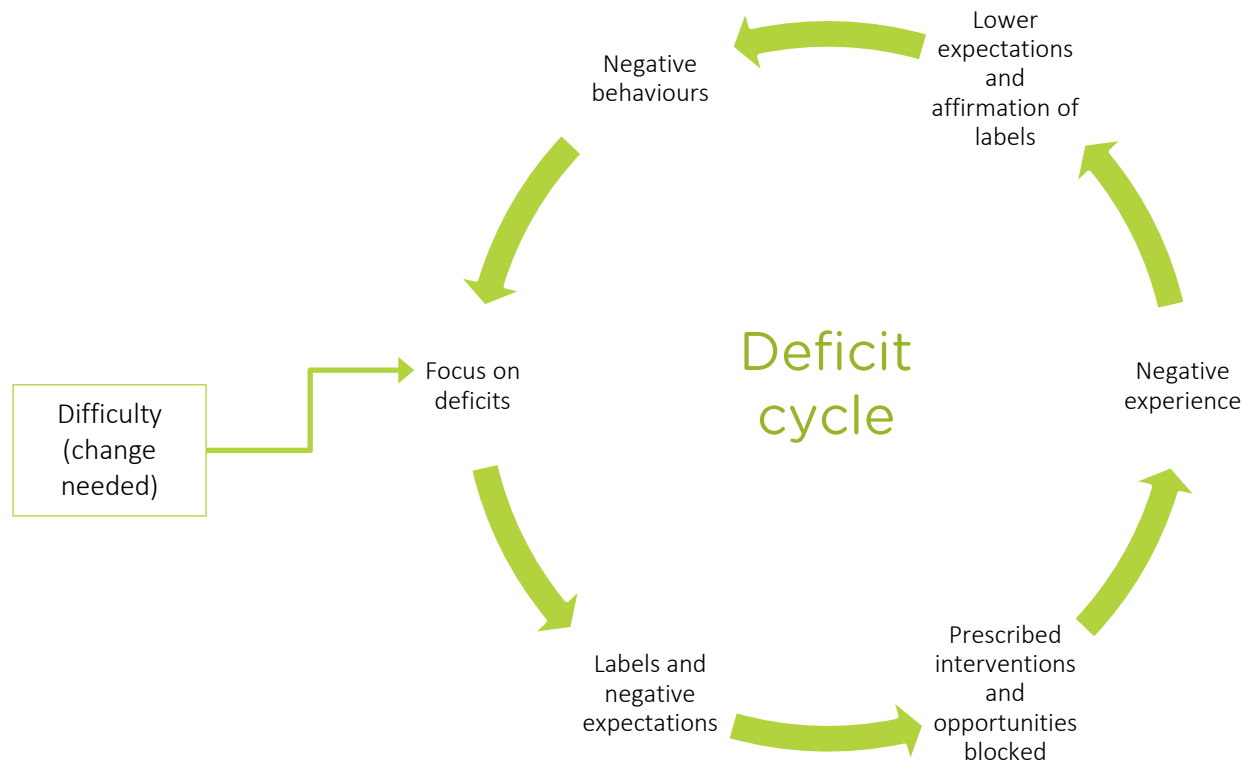


Deficit Cycle vs Strengths Cycle



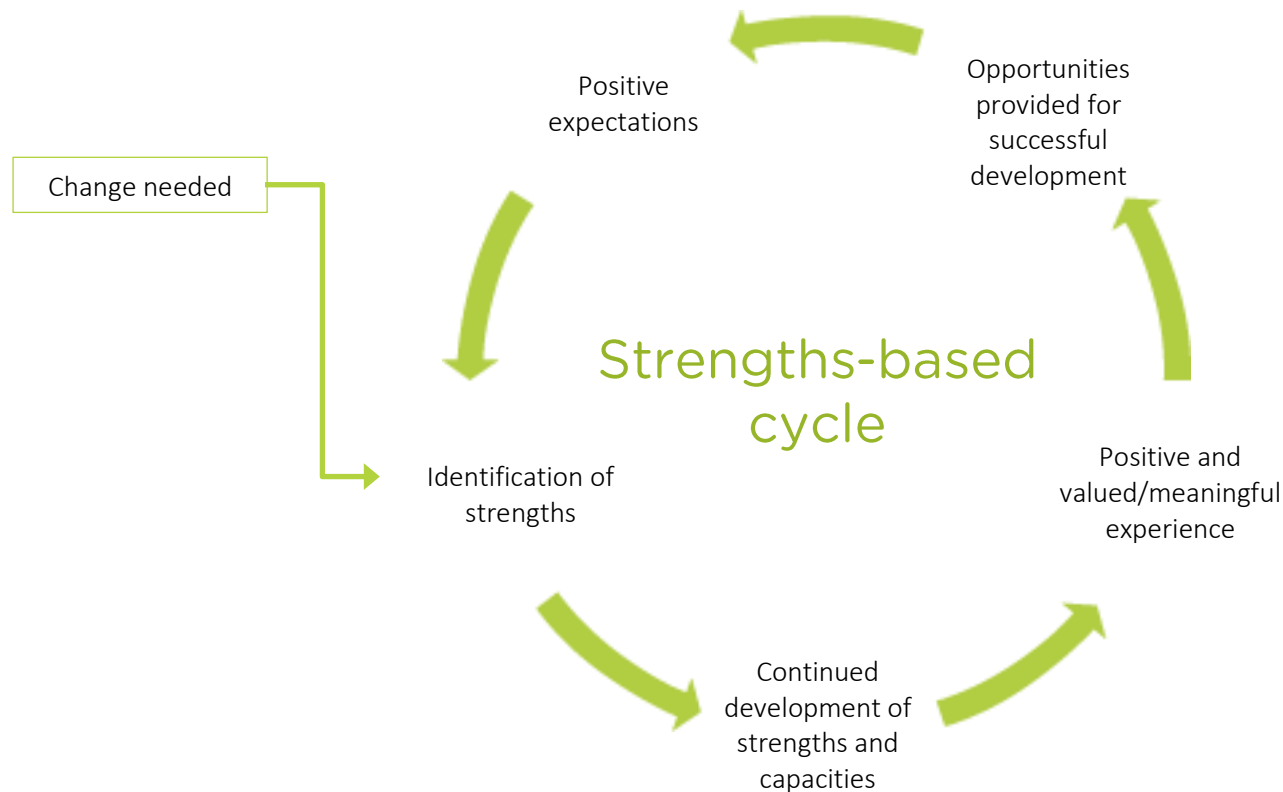
A focus on deficits

Focusing on a problem does not always lead to an effective solution.

In services there is a common perspective that, if we know what the problem is, we can use experts to work out how to fix it. (McCaskey, 2008).

“However, this often leads to simplistic and narrow solutions that rarely address the real issues in the long term.” (Hammond & Zimmerman, 2012)

Deficit Cycle vs Strengths Cycle



A focus on strengths

Focusing on strengths can help us to view things differently.

Taking a holistic view of an individual's strengths and resources (both internal and external) can help us to explore change. (Hammond & Zimmerman, 2012).

If we take a strengths-based approach: *"When challenges are experienced, problems and issues are acknowledged and validated, and strengths are identified and highlighted."*

"This strengths exploration changes the story of the problem as it creates positive expectations that things can be different and opens the way for the development of competencies (McCaskey, 2008)" (Hammond & Zimmerman, 2012, p. 4).

References

- Hammond, W. and Zimmerman, R. (2012). *A Strengths-Based Perspective*. Resilience Initiatives.
- McCaskey, W. (2008). *The Strengths Approach*. Victoria: St. Luke's Innovative Resources.