

## The Fit Between Strength Focus, Solution Focused Practice & Appreciative Inquiry

Over the last few years the focus on strength that has developed in models of service delivery for health and social care comes from three intertwining strands - Appreciative Inquiry, Solution Focused Practice, and Strengths Focus. In the case of all of these three approaches, the focus centres on what went well, or what worked well, rather than what causes things to go wrong.\* To briefly explain where each of these approaches originated please see below.

Approach	Where it came from	What its focus is	The kinds of things we ask about
Appreciative Inquiry	Organisational Development	Helping organisations and teams grow	What is working well? What future shall we aim for?
Solution Focused Practice	Solution Focused Brief Therapy	1-2-1 conversations with clients focused on helping the client have the life they want	What does the client want? What already works?
Strengths Focus	Positive Psychology	Identifying the strengths in individuals, teams and organisations, playing to those strengths, and building on them	What are your/our strengths? How can we make more of them?

\*SILP's Appreciative Focus was developed in consultation with Mike Roarty, co author of 'The Strengths-Focused Guide to Leadership' available on Amazon. Click [here](#) for details