**Trauma Informed Care**

Handout

Strengths-Based Questions

**Advice to Counselors and Administrators: Using Strengths-Oriented Questions**

Knowing a client’s strengths can help you understand, redefine, and reframe the client’s presenting problems and challenges. By focusing and building on an individual’s strengths, counselors and other behavioral health professionals can shift the focus from “What is wrong with you?” to “What has worked for you?” It moves attention away from trauma-related problems and toward a perspective that honors and uses adaptive behaviors and strengths to move clients along in recovery.

1. How did you manage stress today?
2. What are some of the creative ways that you deal with painful feelings?
3. Imagine for a moment that a group of people are standing behind you showing you support in some way. Who would be standing there? It doesn’t matter how briefly or when they showed up in your life, or whether or not they are currently in your life or alive.
4. How do you gain support today? (Possible answers include family, friends, activities, coaches, counselors, other supports, etc.)
5. What does recovery look like for you?

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