

Strengths based social work practice in mental health

Abraham Francis¹, Venkat Pulla ², Susana Mariscal³

¹ *James Cook University, Townsville, Australia*

² *Charles Sturt University, Wagga Wagga, Australia*

³ *The University of Kansas, Lawrence, USA*

This paper is an exploration of the concepts of strengths based practice in mental health and raises the fundamental question of social work's readiness to embrace such a philosophical shift in our paradigms in our practice. The authors have worked together in editing a book on strengths based social work practice in mental health that resulted in publication of 18 papers with a focus on strengths based practice in mental health. The current critical paper is based on a review of literature and the narratives of the 18 scholars from across the world drawn from various multi cultural contexts such as Africa, Philippines, Sri Lanka, Nepal, Aboriginal Australia, India, Bolivia and USA. Strengths perspectives, especially in the field of mental health, challenge the existing dominant paradigms and argue for a range of empowerment approaches that assist recovering communities in disasters and lead to improved outcomes in mental health in general.