

# Saleeby's Strength Perspective

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1. Every individual, group, family, and community has strengths.
2. Trauma and abuse, illness and struggle may be injurious, but they may also be sources of challenge and opportunity.
3. You may assume that you do not know the upper limits of the capacity to grow and change, taking individual, group, and community aspirations seriously.
4. We best serve clients by collaborating with them.
5. The environment is full of resources.