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Power in The People: Strengths and Hope

Dennis Saleebey

Abstract

The strengths perspective and resilience literature suggest that social workers may learn from those people who survive and in some cases flourish in the face of oppression, illness, demoralization, and abuse. Social workers need to know what steps these natural survivors have taken, what processes they have adopted, and what resources they have used. In this article, written specifically for *Advances in Social Work*, Dennis Saleebey discusses the central tenets of strengths-based practice.

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