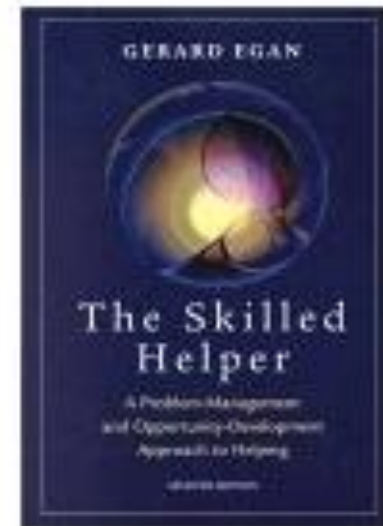


The **Application** of the Skilled Helper Model

Gerard Egan



[The Skilled Helper]

Opening round:



[Group discussion:



EGAN'S SKILLED HELPER MODEL

- Firmly grounded by the core conditions but goes further
- 'Doing' is as important as 'being'
- Skilled Helper model continually refined
- Again, notice the name of the model

[Skilled Helper Model]

- Has been described as
- ‘Think’ [Advocerial consideration],
- ‘Judge’, *then*
- **Act** (Egan, 1975, Coles, 1996)

[Can be summed up as.....]

- **What do I want and how am I going to get there?**

EGAN'S SKILLED HELPER **MODEL**

- Based on American 'can do' optimism

[The 'skilled helper']

- The Skilled Helper focusses on ways to help **manage problems** and **develop opportunities**



EGAN'S SKILLED HELPER MODEL

- Even if we have skills, we don't always recognise them, or use them
- Help clients to **use these under used skills**, so **focuses** on the **positive** and their **strengths**

EGAN'S SKILLED HELPER MODEL

- Believes that people with problems tend to **dwell on their weaknesses**, so draws attention to **the possibility of a better future**

GROUP SCENARIO



[

????????????????

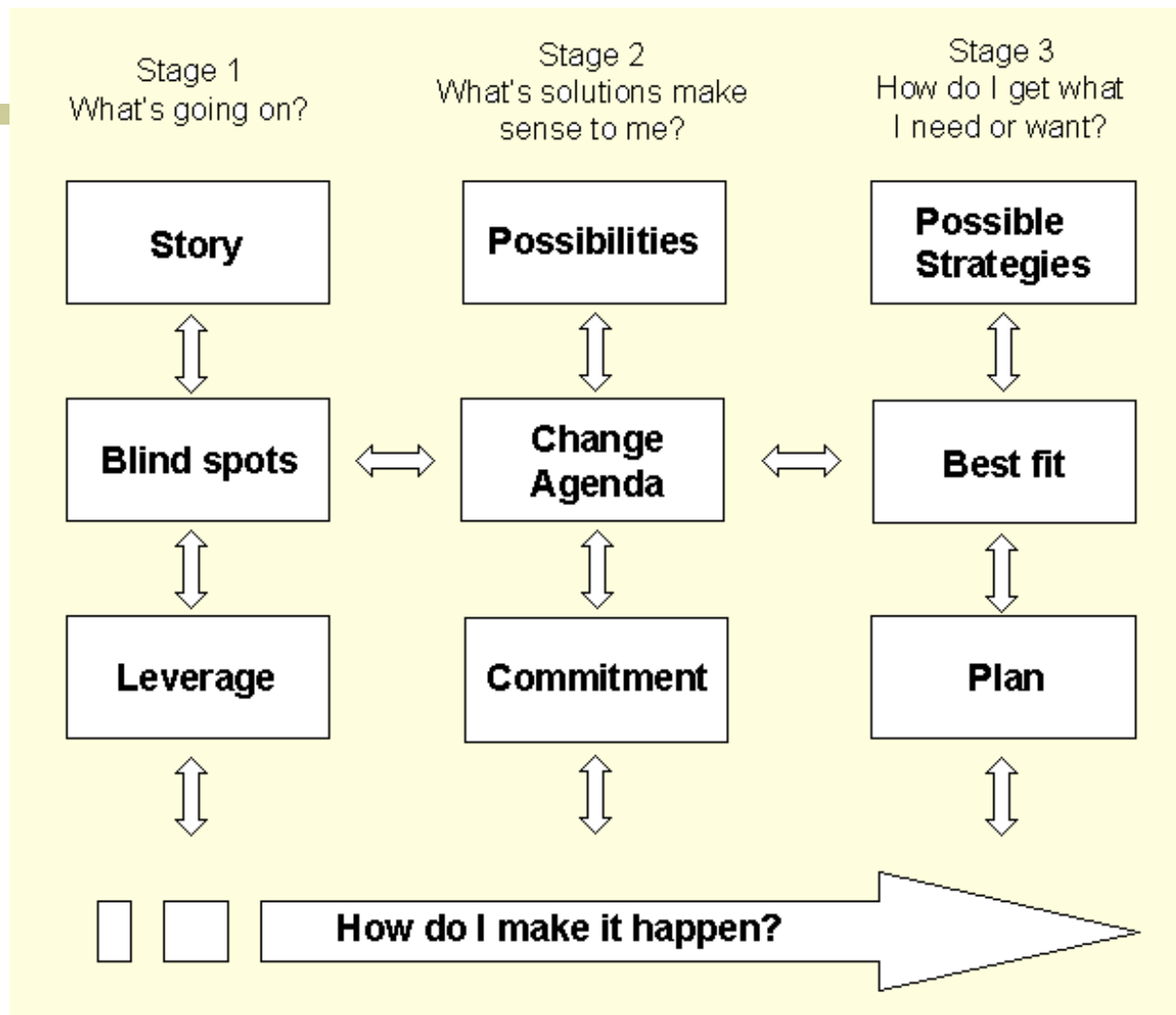
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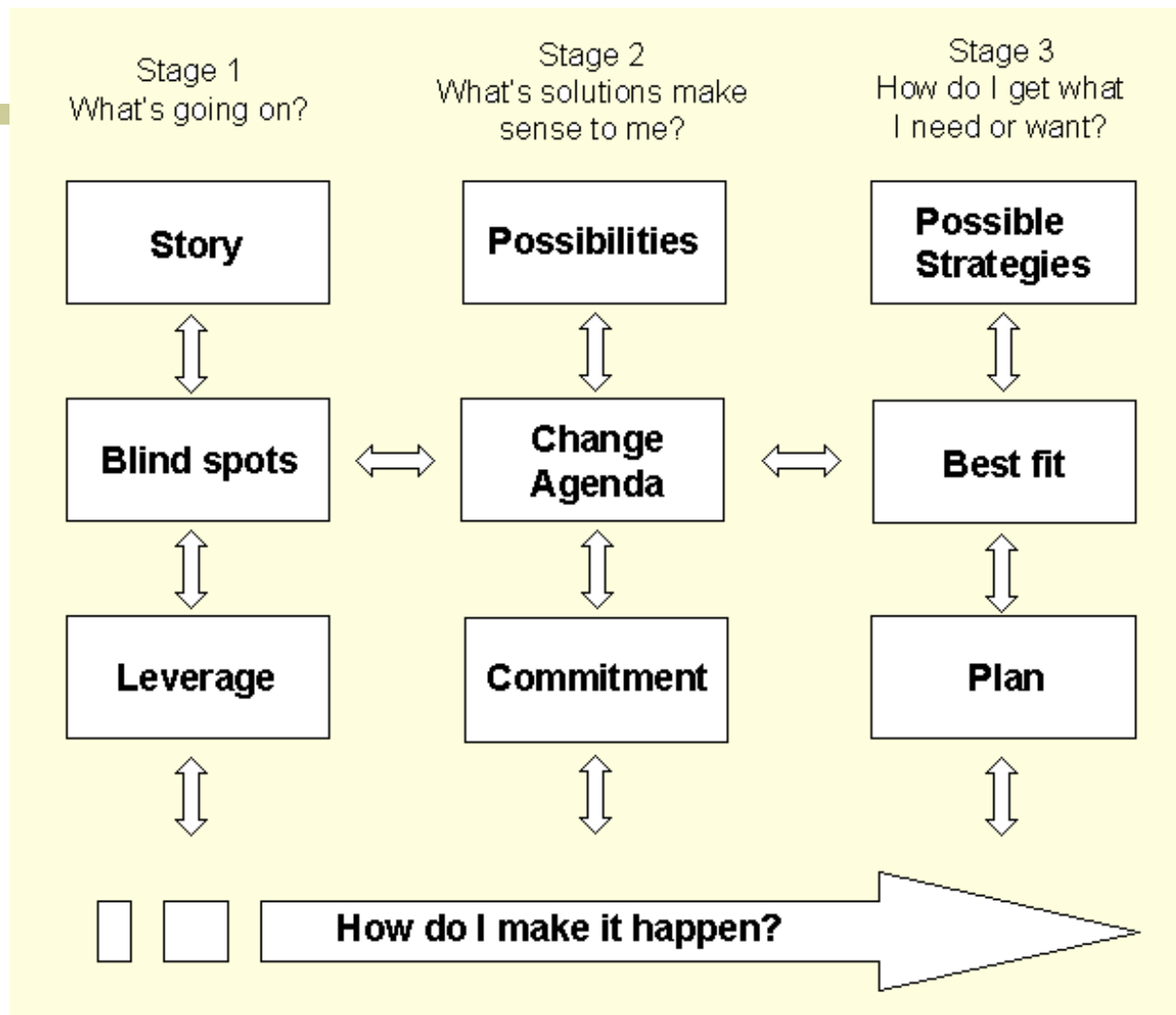


What do we do or say next?

[What do I want or need and
how am I going to get there?]

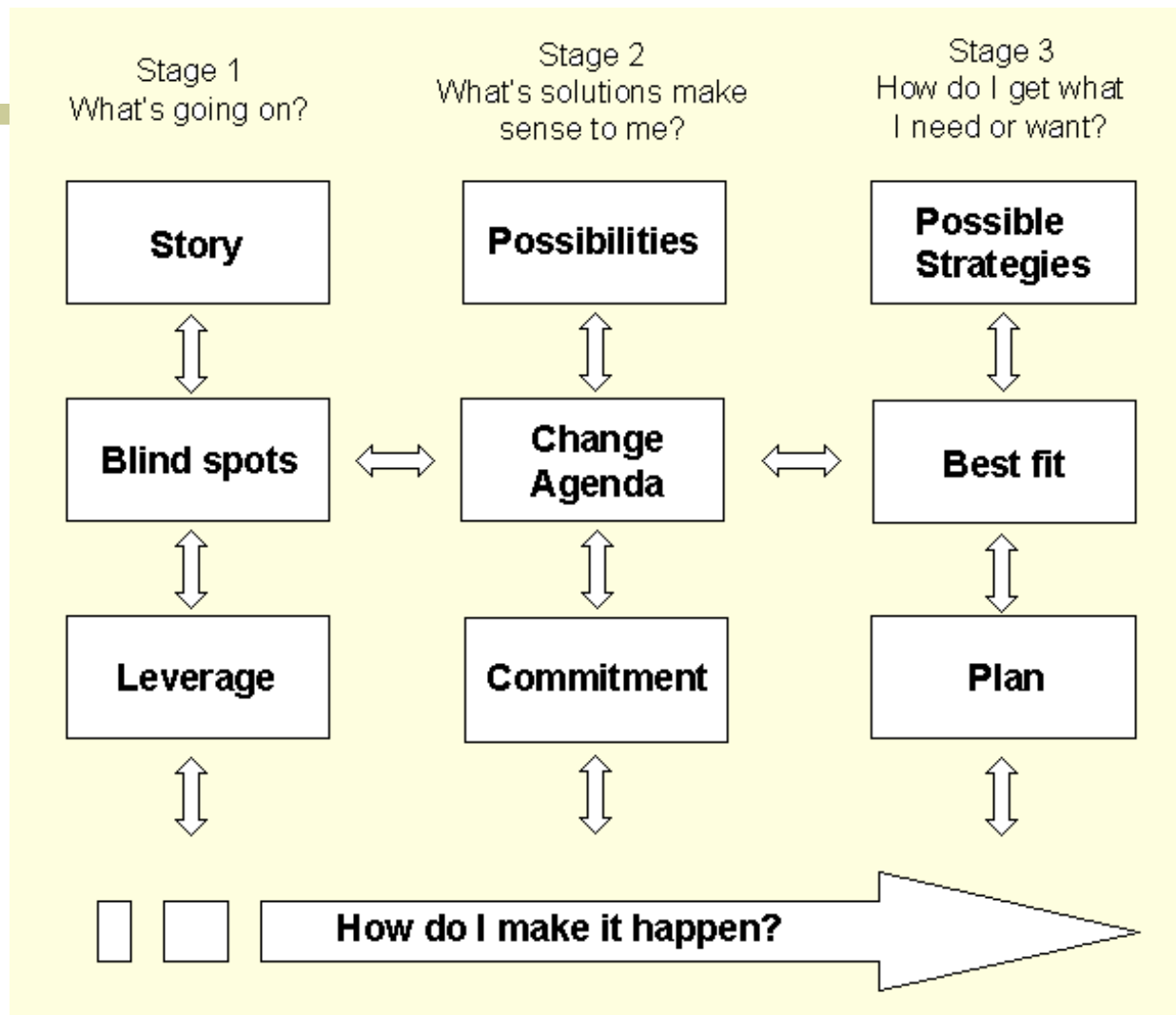
- What does she want or need?
- How is she going to get there?





[The Three Stage Model]

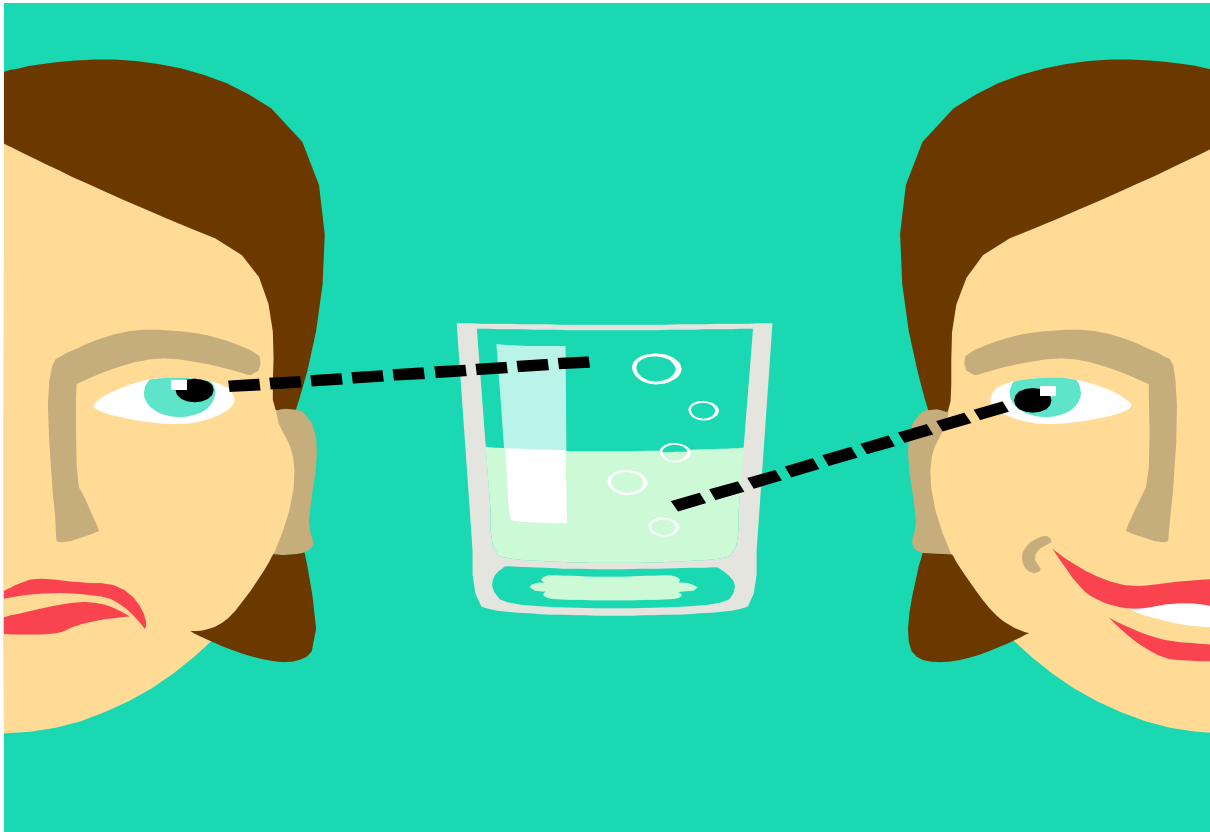
- **Stage one:** The problem **situation as it is**. Understanding where the client is now
- **Stage two:** The clients **preferred scenario**.
- **Stage three:** **Action** programs to bring about the preferred scenario.



[How?]

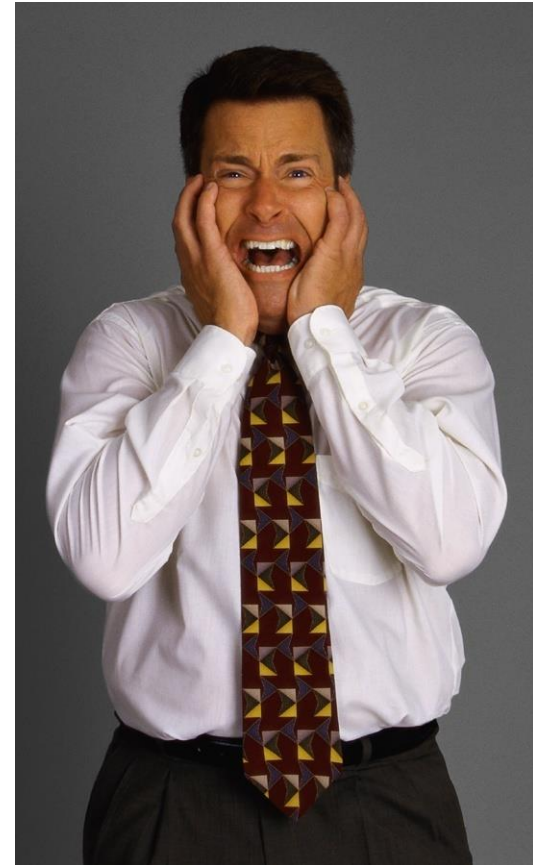
- Core conditions
- Skills
- Open questions
- Focussing on main issue or theme – the **most gain** for the **least effort**
- Negative/Positive Cycles

Creativity Helps Clients Solve Problems



Characteristics that may hinder progress

- Fear
- Fixed habits
- Dependence on authority
- Perfectionism
- Difficulty taking risks



[METAPHOR]

This issue is like

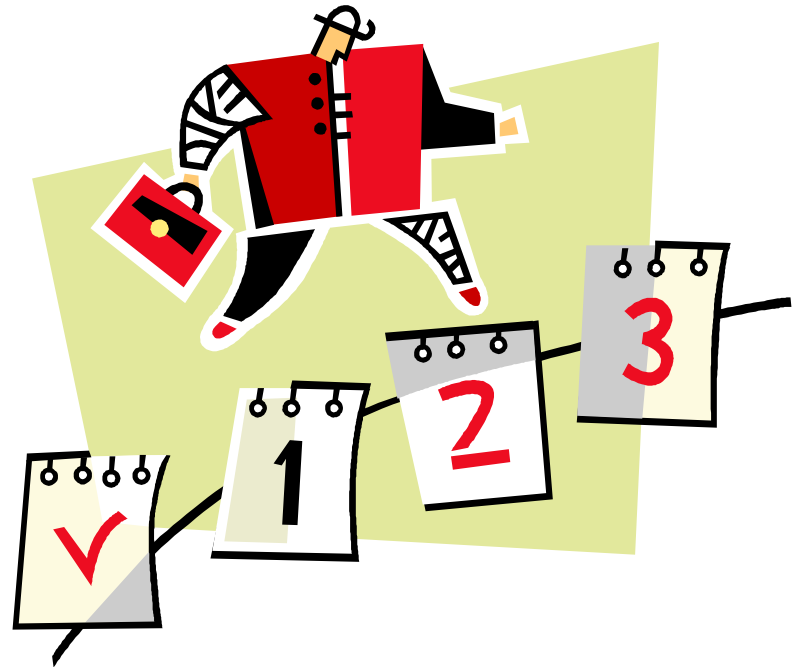
- Making cakes because....

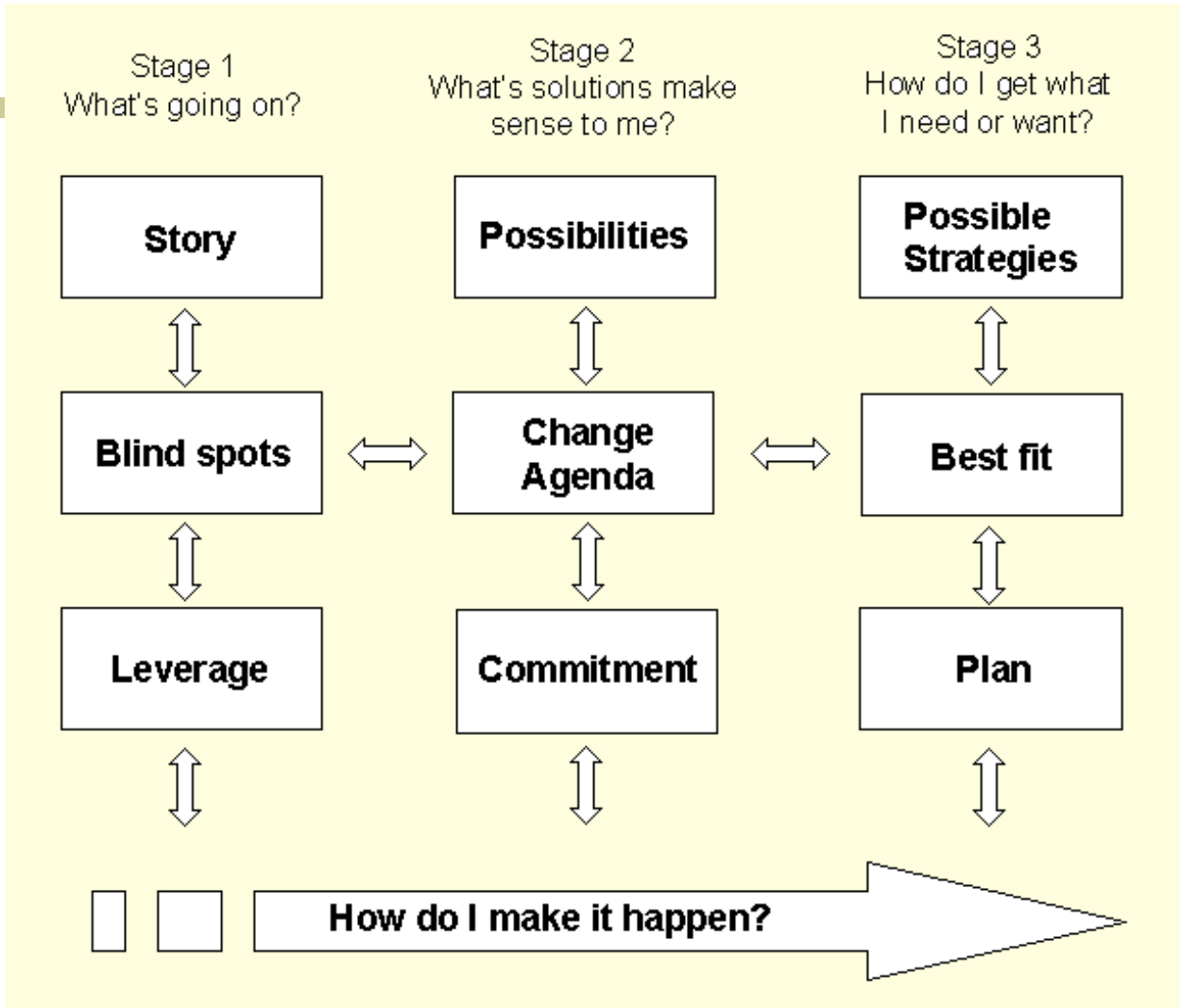
SMART

CAN YOU SET ANY GOALS:

Sort through possibilities and prioritise them.

- Goals need to be structured:





[Use creativity.....]

- THE STORY



[Use creativity.....]

- BLIND SPOTS



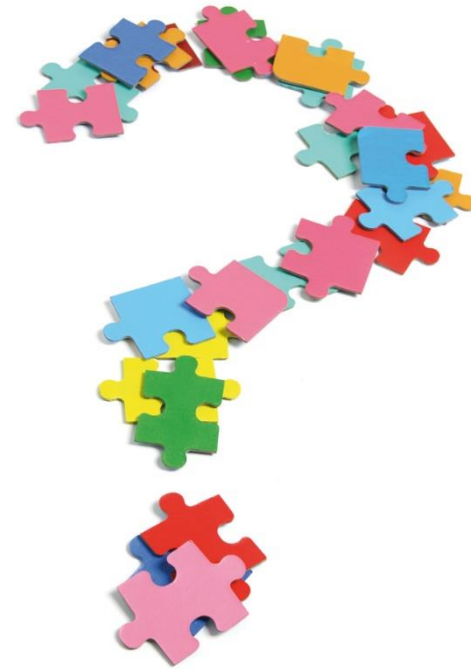
[Use creativity.....]

- LEVERAGE



[Use creativity.....]

- POSSIBILITIES



[Use creativity.....]

- CHANGE AGENDA



[Use creativity.....]

- COMMITMENT



[Use creativity.....]

- STRATEGIES



[Use creativity.....]

- BEST FIT



[Use creativity.....]

- A PLAN!



[A BALANCING ACT.....]



[

CHECK.....

]

- WHERE DO WE WANT TO GO AND
HAVE WE GOT THERE?

EGAN'S HELPING MODEL

- For Egan, learning, change and adaption come about through ACTION
- Change [internal] has to be followed through by changed behaviour [external]
- Generates hope and a new vision of the future

EGAN'S HELPING MODEL

Helpers need:

- Knowledge of the three stages
- Ability to adapt these to helpees needs
- The relationship is seen as the instrument, rather than all important, not an end in itself

[COFFEE!!!]



Questions ?



[LETS DO IT.....]



[The Skilled Helper]

