The client-centered integrative strengths-based approach
Min (2011) has proposed a new strengths-based approach, the client-centered integrative strengths-based approach, is proposed to fulfil the two fundamental demands of social work, which is to assist clients to make full use of their strengths and resources, and to cope better with and exceed the "problems", and to enrich their life through the process of transition and reduction of "problems" with the help of social workers (Min, 2011, p. 15). In the process of establishing professional relationship between social worker and client, this new strengths-based approach considers client as the director, and social worker as a partner or facilitator. As for the concrete intervening procedure proposed by Min (2011), the new strengths-based approach consists of three basic steps, see Figure 1.

Figure 1. The client-centered integrative strengths-based approach (Min, 2011, p. 19)

First, discover problematic strengths. That is to transfer the client’s problems into challenge and stress, and to understand the impact of problems on the client’s daily life in the client’s eyes, and to uncover the client’s strengths in his/her struggle against problems. Second, find out current life strengths. It includes the client’s advantage strengths and daily life arrangement strengths which are not directly related to problems. Third, broaden daily life strengths. This involves disclosing the client’s prior successful experience, future arrangement, others’ support, as well as the client’s behavioural and cultural strengths. Following these above mentioned three steps, social worker can assist client to work on the problematic strengths within “problems”, and go on to utilize the client’s current life strengths, and then to broaden the client’s daily life strengths. For the purpose of social work practice, this new strengths-based approach concentrate not only on reducing the client’s problems, but also on assisting the client to discover and utilize his/her own strengths and resources, and to cope with and exceed problems for life richness through the process of reducing problems. In summary, this new strengths-based approach is a client-centered process through which the social worker assists the client to transform problems into
challenge, and to discover and utilize the client’s strengths and resources, and then to cope with and exceed the client’s problems to enrich his/her life (Min, 2011).